

## **Flax Seed Bread**

$\frac{3}{4}$  cup sugar (raw sugar or sucanat best)

2 eggs

6 tablespoons ground flaxmeal (best if you grind it yourself and refrigerate)

2 cups flour (you may mix part oats, brown rice flour (if gluten sensitive , whole wheat pastry flour, to taste.)

1  $\frac{1}{2}$  tsp baking powder

$\frac{1}{2}$  tsp baking soda

$\frac{1}{2}$  tsp salt

$\frac{3}{4}$  cup buttermilk/plain yogurt

$\frac{1}{4}$  cup light olive oil or cold-pressed canola oil

1 tsp. vanilla

1 c. walnut pieces

Beat sugar and eggs. Add flaxseed, buttermilk, oil and vanilla.

Sift flour, baking powder and soda and salt together.

Add to dry mixture and stir lightly. Add nuts.

Bake in a loaf pan, 55 minutes at 350.