BRITISH · BREAKFAST · SIDE

High-Fibre Nut and Seed Bread with Oats (No Yeast)

90 min · plus 30 minutes soaking, then cooling · Makes 10 × 1 slice · 291 kcal a portion

Video 9:06 · The Doctor's Kitchen

Vegan

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Oats, nuts, seeds, chia and psyllium give 7 g fibre and 8 g protein a slice for 12.5 g net carbs, with no flour or sugar, so it digests slowly. A good source of magnesium, zinc and selenium, and rich in plant omega-3.

Diet notes: Low saturated fat (2.8 g, 9% of the energy).

Ingredients 13 · MAKES 10 × 1 SLICE

- [ ] 20 g **chia seeds**
- [ ] 150 g **rolled oats** (jumbo porridge oats)
- [ ] 50 g **walnuts**, roughly chopped (a third of the 150 g mixed nuts)
- [ ] 50 g **cashews**, roughly chopped (mixed nuts)
- [ ] 50 g **hazelnuts**, roughly chopped (mixed nuts)
- [ ] 50 g **sesame seeds** (a third of the 150 g mixed seeds)
- [ ] 50 g **sunflower seeds** (mixed seeds)
- [ ] 50 g **pumpkin seeds** (mixed seeds)
- [ ] 35 g **psyllium husk powder** (weigh it)
- [ ] 1½ tsp **fine sea salt**
- [ ] 3 tbsp **olive oil** (extra virgin)
- [ ] a little extra **olive oil**, to grease the tin
- [ ] 400 ml **water**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Tree nuts, Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 190 °C (170 °C fan) and line a 900 g loaf tin with baking paper. 0:28
2. Weigh the chia seeds and rolled oats into a large bowl. 0:31
3. Roughly chop the mixed nuts and add them with the mixed seeds. 2:14
4. Add the psyllium husk powder — go by weight, as flakes and powder differ — and the salt, then stir all the dry ingredients together. 2:59
5. Pour in the olive oil and the water, half at first, mixing until there are no dry bits and it is as thick as stiff, overcooked porridge. 4:40
6. Grease the lined tin with a little oil, shape the mixture into a ball and press it firmly into every corner. Leave it 15–30 minutes (or overnight in the fridge) so the chia and psyllium soak up the water. 6:41
7. Bake 60 minutes, then lift the loaf out of the tin onto the oven rack and bake 15 minutes more for a crisp crust. 8:13
8. Let it cool completely before slicing into 10 — the inside keeps setting as it cools. 8:35

> **Tip** Swap in whatever nuts and seeds you have (almonds and hazelnuts burn less than pecans or walnuts). Add olives, capers or herbs for variety. It freezes well sliced.

The method is a summary in our words — the video shows every step.

One portion (1 slice) gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
291 kcal	**8.2** g	**20** g	**7.3** g	**22** g	**350** mg
1,220 kJ	16% of a day	13 g net · 1 g sugars	26% of a day	2.8 g saturated	15% of a day
		7% of a day		28% of a day	

Energy from net carbs 18% · protein 12% · fat 70% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 56% · Magnesium 29% · Vitamin E 23% · Selenium 21% · Zinc 20%

Source of (10–19%) Iron 17% · Vitamin B6 12%

Recipe and video: The Doctor's Kitchen (@doctors_kitchen) on YouTube — youtube.com/watch?v=UssQVarwHlQ, published 27 April 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/high-fibre-nut-seed-oat-bread