



## Maple Date Sunflower Seed Bread

Almond flour adds a little fiber to this quick bread. Serve it warm for breakfast or a snack.

### Ingredients

1 ½ cup [Almond flour](#)  
1 cup whole wheat flour  
1 teaspoon baking powder  
1 teaspoon salt  
¾ teaspoon baking soda  
1 cup boiling water

1 cup chopped [pitted dates](#)  
1 tablespoon butter, softened  
¾ cup maple syrup  
1 egg, lightly beaten  
½ cup chopped [pecans](#)  
1 cup toasted [sunflower seeds](#)

### Directions

Grease the bottom and 1/2 inch up the sides of an 8x4x2-inch loaf pan; set aside. In a large bowl, combine flours, baking powder, salt and baking soda. Make a well in center of flour mixture; set aside.

In a medium bowl, pour boiling water over dates and butter; stir until butter melts. Stir maple syrup and egg into date mixture. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold pecans into the batter. Pour batter into the prepared pan; spread evenly. Top with toasted sunflower seeds

Bake in a 350 degree F oven for 50 to 60 minutes or until a wooden toothpick inserted near center comes out clean (if necessary, cover loosely with foil the last 15 minutes of baking to prevent overbrowning).

Cool in pan on a wire rack for 10 minutes. Remove from pan. Cool completely on rack. Wrap; store overnight before slicing. Makes 1 loaf (16 slices).