



## **Marion's Camino Lemon Chia Seed Protein Loaf**

**Use Organic ingredients.**

### **Ingredients:**

1 1/8 cups of Spelt Flour  
1/8 cup (2 Tablespoons) of hemp flour  
¼ cup of Coconut flour  
¼ cup of Chia Seeds (4 tablespoons)  
2 tablespoons of hemp hearts  
½ cup of freshly squeezed lemon juice  
1 teaspoon of lemon extract  
1 teaspoon of lemon rind  
¼ cup of honey  
2 eggs  
¼ cup of coconut oil  
½ teaspoon of baking soda  
1 teaspoon of baking powder  
½ cup of apple sauce  
½ cup of coconut milk

### **Instructions:**

1. Preheat the oven to 350 degrees. Grease with olive oil an 8 ½ by 4 ½ loaf pan.
2. Combine the 2 tablespoons of chia seeds, lemon juice, lemon extract, lemon rind and eggs and let sit for 10 minutes.
3. Add the apple sauce, honey and coconut oil and coconut milk to the mixture, and blend well.
4. Mix dry ingredients the spelt, hemp and coconut flours, remaining 2 tablespoons of chia seeds, hemp hearts, baking soda, and baking powder and mix well.
5. Add the wet mixture to the dry ingredients and mix well.
6. Spoon into the greased loaf pan. Bake at 350 degrees for 45-50 minutes.
7. Allow to cool before slicing.
8. Enjoy.