



# Superwoman Bread

Jean Trebek's Reliable Recipes  
insidewink.com

---

This amazingly delicious and nutrient dense bread contains no wheat..  
(yes, you read that right...it's gluten-free)  
and it's high in fiber and protein.

---

## Superwoman Bread

### Ingredients

- 1 3/4 cups gluten-free all purpose flour
- 3 tablespoons chia seeds (ground or not ground)
- 3 tablespoons hemp seeds
- 1 1/4 cups rolled oats
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 3/4 teaspoon cinnamon
- 1/3 cup dried apricots, chopped
- 1/2 cup chopped walnuts
- 1/2 cup (1 stick) unsalted butter, at room temperature

3 large eggs

1 cup brown sugar or date sugar

1/1/4 cups yogurt

2 tablespoon milk of choice

1 teaspoon vanilla extract

2 tablespoons orange zest

### **Directions**

Preheat the oven to 350 degrees. Grease a standard loaf pan, 9 by 5 inches.

In a large bowl, mix together flour, oats, salt, baking soda, cinnamon, chia seeds, hemp seeds, apricots and walnuts.

In a separate large bowl, mix the butter, eggs sugar, yogurt, milk, vanilla and orange zest.

Slowly incorporate the flour mixture to the butter mixture and mix thoroughly to combine.

Pour the batter into the prepared loaf pan and bake for 55 minutes or until a toothpick inserted into the center comes out clean.

Remove from the pan and let cool. Freezes nicely too.

**Find more of Jean Trebek's Reliable Recipes  
on [insidewink.com](http://insidewink.com)**