



Blueberry-Orange Bread

- 1 cup sprouted oats, crushed in food processor or spice grinder
- 1 cup filtered water
- 1 tablespoon grated orange rind, preferably chemical-free
- ¼ cup fresh orange juice (from grated orange)
- ½ teaspoon vanilla extract
- 2 cups sprouted wheat, spelt, or brown rice flour
- 1 cup sucanat or date sugar
- 1 ½ teaspoons aluminum-free baking powder
- ½ teaspoon aluminum-free baking soda
- ½ teaspoon salt
- 1 large egg, preferably pastured
- 2 tablespoons coconut oil, melted
- 1 cup fresh chemical-free blueberries (can use frozen)

Preheat oven to 350 degrees. Stir together first 5 ingredients in a large bowl; let stand 10 minutes or until oats soften.

Stir in flour and next 6 ingredients just until dry ingredients are moistened (Add water, 1 tablespoon at a time, if batter is too dry.). Gently fold in blueberries. Pour batter into a greased 9"x5" ceramic or glass loaf pan.

Bake at 350 degrees for 1 hour or until a toothpick inserted in center comes out clean. Cool on a wire rack 10-15 minutes. Remove from pan and cool completely. Yummy served with homemade lemon sorbet.