

# Mark's Kitchen

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## Good-for-Your-Gut Nut Bread

Ready in: 1 hour and 30 minutes

Serves: 8

This week's recipe is one that promotes a healthy gut! A healthy gut is truly essential for whole-body health. That's why I almost always start treating my patients' chronic health problems by first fixing the gut.

Today's recipe is from [The Gut Makeover](#), a wonderful book from Nutritional Therapist, Jeannette Hyde. It's important to realize that optimal gut balance begins with your diet. You want to eat lots of fiber, clean protein and healthy fats - which you'll get from this delicious, gut friendly "bread".

Note: We are aiming for colorful vegetables to take center stage in every meal. So, enjoy a slice of this bread toasted and topped with some roasted peppers or a squeeze of lemon and cayenne pepper, and maybe even a large side salad, to keep your plant count up.

### Ingredients:

- 3 cups raw walnuts, roughly chopped
- 2 cups raw almonds, roughly chopped
- 2 cups mixed raw seeds (e.g., pumpkin seeds, sunflower seeds, flax seeds)
- 5 eggs, beaten
- 1/3 cup extra-virgin olive oil, plus extra for oiling the loaf pan
- 1 teaspoon sea salt

Step 1: Preheat the oven to 325°F.

Step 2: Mix the nuts and seeds together in a bowl.

Step 3: In another bowl, mix together the eggs, oil and sea salt.

Step 4: Stir the wet and dry ingredients together.

Step 5: Grease a loaf pan with olive oil. Pour the mixture into the loaf pan and bake in the oven for 1 hour.

Step 6: Remove the loaf from the oven and allow to cool in the pan.

Step 7: Once cooled, cut the “bread” into slices and serve. Store the remainder of the loaf in an airtight container in the refrigerator.

Nutritional analysis per serving (one slice or one-eighth of the loaf): calories 746, fat 68 g, protein 37 g, carbohydrate 16 g, sodium 348 mg