

# Harold's Favourite Grandma's Hearty Loaf

## Ingredients and preparation:

1/2cup Ground raw sunflower seeds  
2/3cup Ground walnuts  
3/4cup Fresh whole wheat bread crumbs  
2 Medium raw potatoes, pureed or finely shredded  
1 cup nut or soy milk  
1 Small onion, finely chopped  
1 Clove garlic, minced  
1 tsp. Sea salt  
1 tsp. Bragg's liquid amino  
1/4tsp. Sage  
3/4tsp. Garlic salt

1. Squeeze excess liquid from the potatoes. Combine all ingredients in a large bowl.
2. Coat a baking pan with cooking oil spray.
3. Place loaf mixture into pan and bake, covered, at 350 degrees for 45 minutes.
4. Remove cover and bake 15 minutes more.