



# Savoury phytoestrogen bread

Are you bothered by menopause symptoms? This tasty, phytoestrogen-rich bread may offer some relief.

⌚ Prep time: 15 minutes. Cooking time: 1 hour. 🍴 Serves: 5 (two slices each)  
Dairy-free, gluten-free (if using soy or chickpea flour, gluten-free baking powder and gluten-free soy milk). Vegetarian, vegan.

## Ingredients

2½ cups soy flour, chickpea (besan) flour or wheat flour, sifted

¼ cup freshly ground linseeds

½ cup mixed seeds (sunflower, sesame, pepitas)

3 teaspoons baking powder, sifted

250ml whole bean soy milk

250-300g silken tofu

1 cup fresh herbs, finely chopped (combination of rosemary, thyme & flat-leaf parsley)

Extra seeds for sprinkling on top

## Optional

(for a lemon zing to complement the herbs)

Zest of 1 lemon

Juice of ½ lemon

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## Method

Preheat oven to 180°C.

In a bowl, combine all dry ingredients and chopped herbs. Set aside.

In a separate large bowl, mash the tofu with a fork or, for a smoother consistency, use a food processor. Gradually add soy milk to tofu until smooth. If using lemon, now add the juice and zest. Stir through, then add dry ingredients, mix until combined.

Place mix in a loaf tin lined with baking paper and press down with back of a spoon. Sprinkle extra seeds on top. Bake for 1 hour.

Allow to sit for 5-10 minutes before turning out from tin. Slice into 10 pieces.

## Serving suggestions

Serve fresh and warm, drizzled with olive oil, or as a bread topped with avocado and cheese or feta.

The sliced bread freezes well and can be toasted (after a day it starts to dry out just like fresh bread does).

## Nutritional information

Phytoestrogens (plant oestrogens) are substances that occur naturally in plants. Eating phytoestrogens can produce either some of the same effects as human oestrogen (oestrogenic effects) or opposite effects (anti-oestrogenic effects).

For some women going through menopause, a diet containing phytoestrogens may help to relieve some symptoms of menopause, such as hot flushes. For more information see our section on phytoestrogens.

This bread contains phytoestrogens from a variety of sources. Soy bean isoflavones are one of the most well-researched phytoestrogens with the greatest potential for therapeutic effects. The bread also contains phytoestrogen-rich linseeds, as well as phytoestrogens from chickpea or wheat if used instead of soy flour.

Soy protein aids cardiovascular health, as it helps to lower LDL cholesterol (the so-called 'bad' cholesterol). This recipe is high in vegetable protein. If using soy or besan flour, it makes a deliciously aromatic gluten-free alternative to bread.

