

Apricot Nut Loaf

Serves: 10

Prep time: 15 minutes

Cook time: 30 minutes



½ serve per portion

Ingredients

1 egg

⅓ cup raw sugar

1 cup carrot, roughly grated

½ cup dried apricots, diced

4 pieces naked ginger, thinly sliced

¼ cup mixed nuts, unsalted, roughly chopped

¾ teaspoon bicarb soda

2 tablespoons margarine, melted

200ml natural yoghurt, reduced fat

1 ½ cups self-raising flour

Method

PREHEAT oven to 170°C fan-forced (180°C in regular oven) and line a loaf tin with baking paper.

WHISK egg and sugar until light and fluffy, add all other ingredients except for flour and combine well.

SIFT flour into the bowl and fold through.

POUR into prepared tin. Bake for 30 minutes or until a skewer comes out clean.

LEAVE in the tin for 5 minutes then turn over onto a wire rack to cool.



Discretionary Food

Recipe courtesy of Barb McMillan, Dirranbandi Branch