



Dante's
FINE FOODS

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SUGAR FREE LOAF

Ingredients:

- 1 $\frac{3}{4}$ cups Apple Juice
- $\frac{3}{4}$ cup **Ceres Organics Sultanas**
- 1 cup **Uncle Joe's Walnuts**, chopped
- $\frac{1}{2}$ cup Rolled Oats
- $\frac{1}{2}$ tsp Baking Soda
- $\frac{1}{2}$ cup **Ceres Organics dried apricots**, chopped
- 2 Apples, finely diced
- 1 $\frac{1}{2}$ cups **Ceres Organics wholemeal flour**
- 2tsp Baking powder
- $\frac{1}{2}$ tsp **Equagold superior cinnamon**
- $\frac{1}{2}$ tsp **The Spice Trader mixed spice**

Method:

Heat oven to 180C.

Bring apple juice and sultanas to the boil in a medium-large sized pot.

Remove from the heat and stir in walnuts, oats and baking soda, then set aside to cool slightly.

Place apricots and apples into a bowl and mix through the wholemeal flour, baking powder, cinnamon and mixed spice.

Pour in the apple juice mixture and stir to just combine.

Spread into a greased and lined loaf tin and bake for 45-55 minutes until a skewer inserted into the centre comes out clean.

Rest for 5 minutes then turn on to a cake rack.

DID YOU KNOW??

Walnuts can help you get a better night's sleep, improve cardiovascular function, mental functioning and help lower risk of weight gain? This is because walnuts are full of healthy fats, fiber, protein, anti-inflammatory omega-3 fatty acids, and antioxidants, a powerhouse of nutrition.

But! Just remember they need to be FRESH, lucky we stock Uncle Joe's fresh walnuts grown in Blenheim. These walnuts have a beautiful light brown colour, a sweet taste and contain all the amazing health benefits.

Try eating a handful a day!