

Date, Carrot and Cranberry Loaf

This loaf uses dates as the main natural sweetener, and packs in extra goodness with grated carrot and cranberries.

Ingredients

- 1 cup dried dates
- ½ cup water
- 1½ teaspoons baking soda
- 50 g butter or coconut oil
- ⅓ cup pure maple syrup or liquid honey
- 1 teaspoon vanilla essence
- 1 large very ripe banana mashed
- 2 cups carrots loosely packed grated about 2 carrots
- 1 free-range egg lightly beaten
- ¾ cup dried cranberries chopped
- 1½ cups flour standard, gluten-free, buckwheat, spelt or wholemeal wheat
- 1 teaspoon mixed spice



Ingredients

1. Preheat oven to 170degC.
2. Place dates and water in a medium-sized pot and boil for about 5 minutes, stirring frequently, until the dates are all mushed up and the water has evaporated. Add baking soda and mix well – it will froth up a bit.
3. Mix in butter/coconut oil, maple syrup/honey and vanilla. Then mix in mashed banana, carrot, egg and cranberries until well combined.
4. Sift flour and mixed spice into the pot, and fold the two mixtures together until well combined, careful not to over-mix
5. Spoon batter into a loaf tin lined with baking paper and roughly smooth out the top. Bake for 1 hour or until a skewer inserted into the middle of the loaf comes out clean. Leave in the tin for 10 minutes before turning out. The loaf will stay fresh for a few days or freeze slices in an airtight container to keep for longer.