



## BLUEBERRY SUPER LOAF

(A super moist loaf full goodness with a low refined sugar content)

Preheat the oven to 160°C. Spray and line the bottom and sides of a 23cmx10cmx8cm loaf tin with baking paper leaving an overhang on two sides.

### What you need:

240g of our everyday flour mix  
2 ½ level TBS raw cacao  
2 level tsp gf baking powder  
¼ level tsp gf baking soda  
2 level tsp gf ground cinnamon  
2 level tsp gf ground ginger  
150ml rice bran oil or similar  
1 tsp vanilla paste

1 cup frozen blueberries  
¾ cup chopped dates  
1/3 cup cold water  
¾ cup milk (note 1)  
1 egg size 7 @ room temperature \*  
3 level TBS maple syrup  
¼ cup chopped walnuts  
Small handful of extra blueberries

### To Make:

In a saucepan add the chopped dates, blueberries and water. Simmer for 5-7 minutes until almost evaporated. Smash the blueberries a little with a fork. Stir in the milk and set aside to cool. In a separate bowl add the flour, baking powder, baking soda, raw cacao and spices, use a hand whisk to mix well together. In a large bowl whisk together the oil, maple syrup, egg and vanilla paste, for about a minute. Add the date and blueberry mix, stir together then fold through the flour mix until combined. Pour into the tin. Scatter with the extra blueberries and walnuts and very gently press them in. Bake for 1 hour approximately or until a skewer comes out clean (ovens will vary). Leave in the tin for 15 minutes before lifting out onto a rack to completely cool.

### Note:

1. For dairy free use non dairy milk of choice.

**\*For vegan** replace the egg by mixing together 1 level tablespoon of chia seeds with 3 tablespoons of water (leave for 5 minutes to congeal)

**Tip:** This is a lovely moist loaf and keeps fresh for 2-3 days in an airtight container. Great to eat on its own, for breakfast spread with cream cheese or with an afternoon cup of tea. Alternatively, if you have any left turn it into French toast, served with extra berries, maple syrup and yoghurt. I like making this loaf using the chia seeds for extra fibre and goodness.