

Allyson Gofton's

Avocado oil health loaf

A delicious dried fruit- and nut-packed loaf, prepared with avocado oil in place of butter or olive oil. Avocado oil brings a rich, mellow flavour to the loaf, which only intensifies a few days after baking.



Prep: 20 minutes



Cooks in: 1 hour

Makes 21x9cm loaf



Dairy free



Gluten free

(if using flour and wheat germ substitutes; see variation)

INGREDIENTS

- 2 oranges
- 2 eggs
- 1 cup chopped dried prunes and/or figs
- ¼ cup chopped nuts — use your favourite
- ¼ cup medium-flavoured honey (manuka is good here)
- ½ cup well-packed soft brown sugar
- ¾ cup avocado oil (or use light olive oil)
- 2 teaspoons vanilla essence or orange oil
- 1 cup white flour
- 1 tablespoon baking powder
- 2 teaspoons mixed spice
- 1 cup wholemeal flour
- ¾ cup wheat germ

Topping suggestions

- 1½ cups coarsely chopped mixed nuts
- 2 tablespoons runny honey
- icing sugar to dust

Variation

For a gluten-free loaf, replace the flour with a gluten-free flour blend, or use a mix of half ground almonds and half gluten-free flour blend. The wheat germ can be replaced with finely chopped nuts or use ½ cup sunflower seed flour. Be sure to also check your icing sugar is gluten free.

METHOD

1. Preheat the oven to 180°C (160°C fan bake). Set the rack in the centre of the oven. Grease a 21cm × 9cm loaf tin and line the base with baking paper.
2. Grate the rind from the oranges, cut away the bitter white pith and finely dice the flesh.
3. Using a fork, lightly mix the eggs together in a cup.
4. In a large bowl, mix together the orange rind and flesh, prunes and/or figs, nuts, honey, brown sugar, oil, vanilla essence or orange oil and egg with a wooden spoon, beating lightly until smooth.
5. Sift the flour, baking powder and mixed spice together and stir gently into the wet ingredients with the wholemeal flour and wheat germ. Transfer to the prepared loaf tin, and scatter over the mixed nuts if using.
6. Bake in the preheated oven for 45–50 minutes or until a skewer inserted into the centre comes out clean. Cool in the tin for 15 minutes before turning out carefully and placing onto a cake rack to cool completely.
7. If cooking the loaf with the nuts, drizzle the runny honey over the nuts before serving. If not topping the loaf with nuts, ice with a favourite lemon icing or simply dust with icing sugar. Serve in thick slices.