

Paleo Fruit Loaf

Ingredients

2 cups rough chopped dried fruits (e.g. apricots, dates, etc.)

2 cups rough chopped nuts and seeds (e.g. Brazils, hazelnuts, walnuts, pumpkin seeds, etc.)

2 cups whole almonds - fine ground

1 tsp baking powder

1/4 tsp salt

2 tbs flax seeds

2 rips bananas

2 large eggs

1/4 cup coconut oil



A quick and easy junk free fruit cake recipe everyone will like!

Method

1. Set the oven to 180°C.
2. Rough chop the dried fruit, then the nuts and set these aside.
3. Fine grind the whole almonds. Add the baking powder, salt and flax seeds and set aside.
4. Add the bananas, eggs and coconut oil to a food processor bowl and mix thoroughly.
5. Stir in the other ingredients starting with the ground almonds.
6. Turn the mixture into an oiled loaf tin making sure you fill the corners.
7. Bake for 40 minutes.
8. Remove from tin and allow it to cool completely before slicing.

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