



Red Loaf

Low on sugar, this is a beautiful alternative to Carrot or Banana Bread and the colour is just stunning.

Ingredients

500g beetroot (cooked and peeled)
½ cup of buckwheat flour
½ cup of polenta
½ cup gluten free cornstarch
½ cup of Orgran Plain Flour
½ cup of chopped walnuts
1 cup of raisins or sultanas
1 1/3 cup of fresh orange juice
¼ cup of unsweetened applesauce
2 tsp of cinnamon
1 tsp of ground cloves
1 ½ tsp of nutmeg
2 tsp gluten free baking powder

Method

Preheat the oven to 220°C and line a loaf tin with baking paper.

Place the beetroot and applesauce in a food processor and process until the mixture has a creamy consistency. Add the orange juice and mix until combined.

In a bowl mix all the flours spices and baking powder. Add the beetroot mix, nuts, fruit and combine.

Pour into a lined loaf tin and bake in the oven for about 1 hour, or until a knife comes out clean.

You can serve this loaf with icing (cream cheese, butter, vanilla essence, orange peel and a bit of stevia to taste), or toast it and serve it with plain or walnut butter.