

## Chunky Fruit and Walnut Loaf

**Serves:** 12

**Prep time:** 20 minutes

**Cook time:** 55-60 minutes



1 serve per portion

### Ingredients

1 cup dried apricots, halved  
1 cup dried pitted dates, halved lengthwise  
1 cup sultanas  
1 cup plain flour  
1 teaspoon baking powder  
1 teaspoon ground cinnamon  
¼ cup brown sugar  
2 cups walnuts, finely chopped  
3 eggs, lightly beaten  
Zest of an orange

### Method

PREHEAT oven to 160°C and line a loaf tin with baking paper.  
COMBINE dried fruits in a heat proof bowl and cover with boiling water. Let stand for 10 minutes then drain through a sieve and allow to cool slightly. Set aside.  
SIFT flour, baking powder and cinnamon into a large bowl.  
ADD soaked fruits, sugar and 1 ¼ cups of chopped walnuts and mix to combine.  
ADD eggs and orange zest and mix well.  
POUR into loaf tin and tap down on bench to remove any air bubbles.  
CRUSH remaining walnuts and sprinkle over the loaf and bake for 55 minutes or until a skewer comes out clean. Stand for 15 minutes before cooling on a wire rack.



Discretionary Food

*Recipe courtesy of Anne Jenkins, Sandgate Branch*