



FIG & WALNUT TEA BREAD

YIELDS: 1 LOAF

Try this delightful loaf for breakfast, lightly toasted with a smidge of your favourite butter. The rich figs and buttery walnuts are a culinary marriage made in Devon. Einkorn Flour is such a great addition to these types of quick breads as it is a relatively soft grain and can replace some or all of the commonly used white flour in recipes like this.



Ingredients

- 1 cup Anita's Organic Einkorn Flour
- 3/4 cup Anita's Organic All Purpose Spelt Flour
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- 1/2 cup brown or coconut sugar
- 1 cup figs, chopped
- 1/2 cup raisins
- 1 cup walnuts, chopped
- 1/2 cup neutral tasting oil (sunflower, safflower etc.)
- 1 cup non-dairy milk + 1 tsp apple cider vinegar (mixed and allowed to stand for 5 minutes to curdle)

Instructions

1. Pre-heat the oven to 350 degrees. Lightly oil and 8 x 4-inch loaf pan and line with parchment.
2. In a large bowl mix together the flours, baking powder, spices, salt, sugar, dried fruit and chopped walnuts.
3. In a medium bowl mix together the oil and milk/vinegar mix (regular buttermilk can be used instead).
4. Make a well in the centre of the dry mix and pour in the oil and milk mix. Gently fold all the ingredients together until just mixed.
5. Scrape mixture into the lined pan and bake in the oven for 50 minutes. Insert a wooden tooth pick or skewer into the centre of the loaf. If it comes out clean remove loaf from the oven and allow to cool down for about 15 minutes before removing from the pan and placing on a wire rack to finish cooling. If the skewer is not clean put loaf back in the oven and check every 5 minutes until fully cooked.
6. Best served warm from the oven or lightly toasted.