

Doves Farm Free-From Earl Grey Fruit Loaf

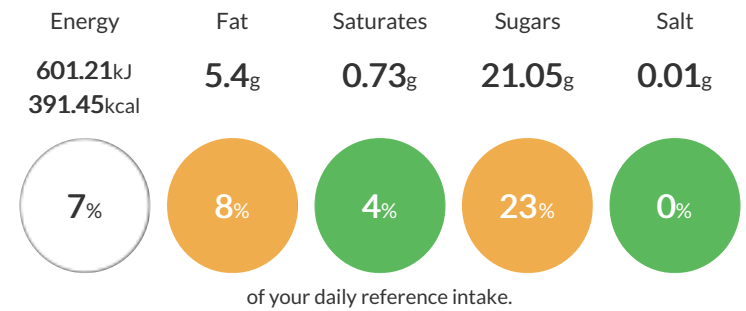
Ingredients

Product	Quantity
Tetley Earl Grey 6 x 25	2.00 g
Boiling Water	200.00 g
Crazy Jack Organic Mixed Fruit 250g	300.00 g
Gluten Free Plain White Flour Blend 5x1kg	200.00 g
Gluten Free Baking Powder 5 x 130g	10.00 g
Whitworths Light Soft Brown Sugar 500g	100.00 g
Organico Extra Virgin Olive Oil 1 Litre	71.00 g
Half of an Orange Rind and Juice	0.50 g
Gluten Free Organic Chickpea Flour 5x100g	15.00 g
Water	30.00 g

Serves: 14

Reference Intake

Each serving contains:



Allergy Information

Key: **Contains** **May Contain**



Nutritional Summary

Energy	601.21kJ 391.45kcal
Protein	1.47g
Carbohydrates	33.26g
of which sugars	21.05g
Non Milk Extrinsic Sugars	0g
Fat	5.4g
of which saturates	0.73g
Fibre	1.22g
Salt	0.01g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Dietary Information

Key: **Suitable for**



Method & Recipe Notes

1. Put the tea bags into a jug, add the boiling water and leave to stand for 10 minutes. 2. Line a 1kg/2lb loaf tin/bread tin with parchment and preheat the oven. 3. Weigh the dried fruits into another bowl. If using prunes, dates or apricots cut these into quarters. Pour the tea into the bowl and leave until completely cold. 4. Sieve the flour and baking powder into another bowl, add the sugar and mix together. 5. Add the egg (or chickpea flour + water), oil, grated orange rind and juice and beat well. 6. Discard the tea bags and stir the soaked fruit and liquid into the bowl. 7. Tip the mixture into the prepared tin and smooth the top. 8. Bake for 70-75 minutes. 9. Gently turn out the cake onto a wire rack and leave to cool.

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