

Breakfast Bread

A fruity fibre loaf for a real breakfast treat. Serve warm in lightly buttered thin slices.

Ingredients

225g/8oz Glutafin Select Fibre Mix
1 and a half x 5ml tsp dried yeast
¼ x 5ml tsp salt
2 oranges, grated zest and juice
75g/3oz ready to eat prunes, stones removed and sliced
200ml/7fl oz hand hot liquid made up, with juice from the oranges, topped up with warm water.
1x15ml thsp vegetable oil
15g/½ oz flaked almonds for the topping

Makes

1 x 450g/1lb loaf to give 10 slices
Preparation time 15 minutes
Proving time 50 - 60 minutes
Cooking time 25 - 30 minutes
Oven Temperature Preheated 200oC/180oC Fan/400oF/Gas Mark 6

Method

Place the dry ingredients into a bowl and mix thoroughly with a fork. Thoroughly stir in the remaining ingredients to give a thick batter.

Place into a non-stick 450g/1lb loaf tin, lined with a thin strip of greaseproof paper, along the length and overlapping the ends of the tin. Sprinkle with the flaked almonds and cover with oiled cling film.

Leave to rise in a warm place until the mixture is level with the top of the tin. Remove the film and bake until a golden brown.

Remove from the tin and place on a cooling rack.

To Freeze

Place loaf in an airtight freezer bag. Use within one month.