



SPICED MORNING TEA LOAF (GF)

This weeks recipe of the week comes to us from [Casey-Lee Lyons of Live Love Nourish](#). A delicious grain, dairy and sugar free morning tea loaf flavoured with orange juice, cooked apple and spices. Enjoy!

Ingredients:

3 free range eggs

1/4 cup coconut milk

zest of 2 oranges

Juice of 1 orange (or half a cup)

2 cups of almond meal

1 tablespoon of tapioca flour

1 teaspoon gluten free baking powder

2 teaspoons vanilla powder

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon allspice

pinch of pink salt

1 large red apple (finely diced)

Method:

Pre-heat a fan-forced oven to 180°C

In a medium mixing bowl, whisk the eggs with the coconut milk, orange juice and zest.

Add the almond meal, tapioca flour, baking powder, vanilla powder, cinnamon, nutmeg, allspice and a pinch of salt. Combine well.

Fold through the diced apple.

Spoon the mixture into a square deep slice tin.

Bake in the oven for 35-45 minutes or until cooked through.

Allow to cool and enjoy.

Inspiration:

Bake the same mixture in lined muffin trays that will make approx 10-12 muffins.

Add honey, maple syrup or your preferred natural sweetener to make the end result sweeter.

Gluten Free | Grain Free | Dairy Free | Refined Sugar Free

To see more from Casey-Lee and Live Love Nourish visit the [website here](#)