



Fairtrade Apricot and Almond Bread

This Slovenian inspired bread is filling, and deliciously fruity and nutty. Serves 12.

Ingredients

350 ml water
200g Tropical Wholefoods Fairtrade sun dried apricots
2 tbsp butter
120 ml maple syrup
1 egg beaten
1 tsp Fairtrade vanilla extract
1 tsp freshly grated orange rind
150 g Tropical Wholefoods Fairtrade almonds (roughly chopped)
175 g plain flour
110 g whole wheat flour
1 tsp salt
1 tsp bicarbonate of soda
½ tsp baking powder
1 tbsp vegetable oil

Method

1. Preheat oven to 150 C.
2. In a medium saucepan, bring water and apricots to the boil and then simmer until soft, for ten minutes.
3. Add the butter, maple syrup, egg, vanilla and orange rind and stir well until butter melts. Remove the mixture from the heat.
4. Toast chopped almonds under a hot grill for a few minutes, then tip onto a cool plate.
5. Sift together flours, salt, soda and baking powder. Fold dry ingredients into the apricot mixture. Add the almonds and blend well.
6. Line a 23cm x 23cm roasting tin with baking paper and grease the paper with the vegetable oil.
7. Spread the batter evenly into the lined tin. Bake for an hour or until a knife inserted into the centre comes out cleanly. Allow the bread to cool for several minutes before turning it out.
8. Slice and butter.