



Spiced sweet orange bread

15'
Hands on

10"
Hands off

40'
Cook Time

8
Portion(s)

1
Difficulty



Ingredients

- 4 eggs, medium
- 50 g coconut oil
- orange zest, of 1 large orange
- orange juice, of 1 large orange
- 220 g carrots, grated
- 120 g walnuts, finely chopped
- 250 g gluten-free flour
- 1 tablespoon(s) cinnamon
- 1/2 teaspoon(s) nutmeg
- 1/2 teaspoon(s) ginger
- 1 teaspoon(s) baking powder, gluten-free
- 1/2 teaspoon(s) baking soda

Διατροφικός πίνακας

Nutrition information per portion

348 Calories (kcal)	20.0 Total Fat (g)	8.0 Saturated Fat (g)	32.0 Total Carbs (g)
17%	29%	40%	12%
3.7 Sugars (g)	7.8 Protein (g)	3.7 Fibre (g)	0.63 Sodium (g)
4%	16%	15%	11%

Method

- Preheat oven to 180* C (350* F) Fan.
- In a bowl, add the eggs and lightly whisk.
- Add the coconut oil, orange zest and orange juice. Whisk.
- Add the grated carrots and finely chopped walnuts. Mix.
- In a separate bowl, add the flour, cinnamon, nutmeg, ginger, baking powder and baking soda.
- Mix very well with a spoon and add the mixture to the bowl with the eggs. Mix until completely combined.
- Grease a 10x22 cm rectangular cake pan with butter and dust with gluten free flour.
- Add the cake batter and bake for 35-40 minutes.
- When ready, remove from oven and allow to cool for 10 minutes before serving.