

Low Sugar Fruit & Nut Loaf

A perfect breakfast loaf

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INGREDIENTS

- 2 eggs (medium)
- 250g (about 1 cup) natural flavoured yogurt (10% fat content)
- 50g (¼ cup) brown sugar (optional)
- 150g (1 cup) all purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp ground cinnamon
- 100g (5/6 cup) almond meal
- 150g (about 1 cup) dried fruit of choice (dates, figs, apricots, cranberries, raisins etc.)
- 100g (¾ cup) nuts of choice (almonds, hazelnuts, walnuts, pecan nuts etc.)



DIRECTIONS

1. Roughly chop the fruit and the nuts into small pieces.
2. In a medium bowl whisk the eggs with a fork until the structure breaks.
3. Add yogurt to the eggs and continue whisking until just combined.
4. In a separate bowl combine flour, baking powder, baking soda and cinnamon. Sieve in the dry ingredients into the wet ingredients in two batches mixing shortly in between additions. Once almost mixed through, add in the almond meal and mix until all well combined and you have no dry spots in your batter. You might want to swap to a spatula at this point to help mixing.
5. Lastly add in the dried fruit and nuts and mix through until combined.
6. Butter a 23cm x 13 cm (9 x 5 inch) bread loaf tin and transfer the batter to it.
7. Bake in 180°C (355°F) bottom top heat in the middle shelf of the oven for about 50-60 minutes or until a wooden skewer comes out clean. Remove from the oven and allow to cool for about 15 minutes before removing from the tin and cooling completely on a cooling rack.

TIP. Can be frozen to keep longer. I would suggest to slice the loaf and freeze the separate slices as this makes the defrosting easier and faster.