

PEACH & PECAN LOAF



LifeShape Clinic

PEACH & PECAN LOAF

INGREDIENTS (SERVES 20)

410g can sliced peaches in juice, drained
2/3 cup wheat bran cereal
1 1/2 cup self-raising flour
1 teaspoon ground cinnamon
2/3 cup lightly packed brown sugar
60g margarine, melted
2 eggs
1/2 cup skim milk
1/3 cup chopped pecans
1/2 cup dried fruit medley
2 teaspoons sugar-free apricot fruit spread, heated, to serve

METHOD

1. Preheat oven to 180°C (160°C fan-forced). Grease and line a 19 x 9cm (base measurement) loaf pan with baking paper, extending paper at long sides for handles. Chop peaches coarsely.
2. Process bran to make fine crumbs. Transfer to a large bowl. Add flour, cinnamon and sugar. Stir to combine. Whisk together margarine, eggs and milk in a medium jug. Pour into flour mixture. Stir until well combined.
3. Stir peaches, pecans and fruit medley into bran mixture. Spoon into prepared pan; smooth surface. Bake 1 hour 10 minutes, or until a skewer inserted at centre comes out clean. Cool in pan 5 minutes. Transfer to a wire rack.
4. Brush with warm apricot spread. Serve cut into pieces.

Nutrition Guide

PER SERVE

Energy (cal)	136cal
Protein	2.8g
Fat	4.8g
Saturated Fat	1.3g
Carbohydrate	20g
Sugar	11.4g
Sodium	127mg

RECIPE VARIATION

1200

Snack Requirement: 70 - 100 cal

Meets Requirements: No

Recommendations: Cut loaf into 28 smaller pieces to reduce portion size

Total Meal Calories: 97 cal

1500

Snack requirement: 120 - 150 cal

Meets requirements: Yes

Total meal calories: 136 cal

For more recipes, visit lifeshape.com.au



LifeShape Clinic