



THE ULTIMATE BREAKFAST LOAF FILLED with QUINOA, CALIFORNIA PRUNES, NUTS & SEEDS

by Peter Sidwell

Want to set up your day with a hearty and healthy breakfast? This loaf does just the trick, and will pair perfectly with your juice, tea or coffee of choice!

Prep Time: 30 minutes
Cook Time: 25 minutes
Serves: 2

Ingredients: 450g wholemeal flour
1 tsp salt
1 tsp bicarbonate of soda
2 tbsp plain yoghurt
250 ml skimmed milk
50 ml California Prune Juice
6 tbsp mixed seeds & chopped nuts
75g chopped California Prunes
30g cooked, cooled quinoa



Here's How:

1. Mix the flour, salt and bicarbonate of soda in a mixing bowl.
2. Make a well in the middle and pour in the yoghurt, California Prune juice and milk.
3. Mix together to form a soft dough, it is really important you don't over mix, just gently bring the dough together.
4. Add the chopped California Prunes, mixed nuts and quinoa and gently fold into the dough.
5. Scoop out the dough onto a lightly floured work surface and shape into a round loaf.
6. Place the dough on a non-stick baking tray. Using a pair of scissors cut a cross into the top of the bread to approximately half way down the depth of the loaf.
7. Bake the bread in a pre heated oven 180°C or gas mark 4 for 20 minutes until golden and hollow sounding when you tap the underneath of the loaf.

Link to Website: <https://www.californiaprunes.net/recipes/ultimate-breakfast-loaf/>