



SEED AND NUT LOAF

Seed and nut loaf

Preheat the oven to 170°C and grease a loaf pan. In a mixing bowl, combine the dry ingredients and mix well. Make a well in the centre, pour in yoghurt and honey, and mix well. Pour batter into the loaf pan. Shape and press slightly with wet hands. Bake for about 25 minutes or until a skewer inserted in the centre comes out clean.

Chef's tip: You can add other seeds, nuts or dried fruit as desired, such as sunflower seeds, pistachios and cranberries.

Makes 1 loaf

250 g whole-wheat flour or
brown bread flour
40 g bran flakes
60 g shelled pecan nuts
70 g sesame seeds
85 g raisins
4 ml salt
4 ml bicarbonate of soda
375 ml plain yoghurt
60 ml honey

GOOSEBERRY JAM

Place gooseberries and water in a large saucepan and cook over medium heat for 10 minutes or until just tender. Add sugar and lemon juice, and keep stirring until the sugar has dissolved. Turn up the heat and bring to the boil. Continue to cook rapidly for about 45 minutes or until setting point is reached (or the temperature is 105°C, measured with a sugar thermometer). Ladle the jam into warm sterilised jars.

Makes 2 medium jars

500 g gooseberries
300 ml water
500 g sugar
juice of 1 lemon