



acacia
BLENDS

APPLE + RAISIN LOAF

with Lion's Mane Mushroom Powder

SERVES: 1 LOAF / 12 SLICES / 12 MUFFINS

Ingredients

2 cups white or whole wheat flour
1 1/3 cups coconut sugar
3 tsp Lion's Mane mushroom powder
2 tsp cinnamon
1 tsp ginger
1 tsp bicarb soda
1/2 tsp baking powder
1/2 tsp sea salt
1/4 cup coconut or olive oil
1 1/2 tablespoon apple cider vinegar
1 cup unsweetened applesauce
1/4 cup milk or juice
1/2 cup raisins/sultanas
1/2 cup walnuts (optional)

Our tips, tricks + suggestions

<i>We love using Pinnaroo Farms sprouted whole wheat flour</i>
<i>Any granulated sugar can be used. We choose coconut to keep it refined sugar free</i>
<i>We recommend using our Australian-grown mushroom powders... of course!</i>
<i>Feel free to try different spices you have on-hand, or that you prefer</i>
<i>Sub for vanilla powder for a less 'spicy' loaf</i>
<i>Aluminium free, if possible</i>
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<i>Olsson's sea salt is our favourite South Australian salt</i>
<i>If using olive oil, choose one that is light in flavour - unless you like a more savoury flavour</i>
<i>Ideally choose one with the 'mother' for it's amazing health benefits</i>
<i>We love using any locally sourced apples! Simply peel, core, slice and cook in a saucepan with a dash of water on medium heat until soft. Mash and cool before adding to your batter. If you have an abundance of apples, cook extra and freeze portions in silicon muffin pans for later use.</i>
<i>If you like a little zing, try using fresh Riverland oranges with some of the zest</i>
<i>Swap raisins for chopped dark chocolate if you want to add some indulgence...</i>
<i>Not necessary, but delicious!</i>

Instructions

- Preheat oven to 180°C (350°F). Grease a loaf pan and line it with parchment paper and set aside.
- In a large bowl, add your flour, sugar, mushroom powder, cinnamon, ginger, bicarb soda, baking powder and salt, and mix well.
- In a separate bowl, whisk together your oil, apple cider vinegar, applesauce and milk/juice until combined.
- Add the wet mix into your dry ingredients and gently mix until just combined. Fold through your raisins/nuts of choice.
- Transfer to the loaf pan and bake for 50-60 minutes, or until a wooden skewer comes out just clean.
- Remove from the oven and allow to cool in the pan for 10 minutes, then carefully transfer to a wire rack to cool completely.

Notes

- Muffins:** Grease and line a 12-hole muffin pan. Bake for 18-20 minutes, or until golden on top and a wooden skewer comes out clean. Let muffins cool in the pan for 10 minutes, then carefully transfer to a wire rack to cool completely.
- Store:** Leftover apple loaf can be stored at room temperature, in an air-tight container, for up to 1 week. To keep longer, store in the fridge.
- Freeze:** This bread is very freezer friendly! Store leftover slices by covering them in parchment paper and keeping them in an air-tight container (or ziplock bags) for up to 6 months.
- Serving suggestions:** This bread is perfect served fresh, but also delicious when toasted and topped with your choice of butter for a sweet/salty hit, or with roasted almond butter and fresh berries for a more indulgent meal!



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