

YOGHURT RASPBERRY LOAF

GREAT FOR THE CANTEEN, LUNCHBOXES & A GOOD ALTERNATIVE TO CUPCAKES

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Nutrition Australia Qld

Ingredients (serves 10-12)

- 1 cup frozen raspberries
- ½ cup brown sugar
- 2 eggs, lightly beaten
- 1 cup 99% fat free Vanilla Yoghurt
- 1 ¾ cups self raising flour
- 1/3 cup almond meal
(This ingredient can be omitted for a nut free version – no substitute required)

Equipment

- 1 x loaf pan
- Measuring cups
- Measuring spoons
- Mixing bowl
- Wooden spoon
- Wire Rack
- Toothpick or skewer

Method

Time to Cook : 50 mins

1. Pre-heat oven to 180°C.
2. Spray a loaf pan with oil spray. Line base and two long sides with baking paper, allowing overhang.
3. Sift flour and combine all other ingredients in a large bowl.
4. Spoon into prepared pan and smooth surface.
5. Bake for approximately 50 min or until a toothpick or skewer inserted into the centre, comes out clean.
6. Turn out on wire rack and serve warm or chilled.

Tip

- Spoon mixture into a 12 cup muffin tin and bake for 15-20 mins for muffin recipe
- Substitute raspberries for blueberries/ forest fruits mix

