

## CRANBERRY & SULTANA TEA LOAF

This delicious tea loaf is so easy to make! Soaking the fruit overnight adds moisture to the mix. Naturally sweetened with dates and gluten free – it's wonderful with a cup of your favourite tea...



125g dried cranberries  
125g sultanas  
100g chopped dates  
1 teaspoon cinnamon  
200ml Earl Gray tea, cooled

6 eggs  
125ml coconut oil  
100g coconut flour  
1 teaspoon baking powder  
Pinch of Himalayan salt

Soak the cranberries, sultanas and chopped dates in the cooled tea. Stir in a teaspoon of cinnamon and leave overnight.

Preheat oven to 185c conventional/165c fan Whisk the eggs, adding melted coconut oil. Stir in the dry ingredients. The consistency will be something between cake mix and dough. Gently press into a parchment lined loaf tin. Bake for around for around 50 minutes, until the loaf feels firm.