

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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Carrot Peach Loaf

Ingredients:

1 1/4 cups	Sorghum Flour
1 1/4 cups	Buckwheat Flour
1/2 cup	Cane Sugar
1/2 tsp	Cinnamon
1/4 tsp	Ground Ginger
1 tsp	Baking Powder
1/2 tsp	Baking Soda
Pinch	Salt
3/4 cup	Carrots, grated (2 small carrots)
2	Peaches, finely chopped (peeled)
3	Eggs, lightly beaten
1 cup	Coconut Milk
1/4 cup	Coconut Oil, melted
1 tbsp	Apple Cider Vinegar
1/2 cup	Walnuts, chopped

Directions:

1. In a large bowl mix flours, sugar, cinnamon, ginger, baking powder, baking soda, and salt. Set aside.
2. In a separate bowl mix grated carrots and peaches. Set aside.
3. In a separate bowl mix eggs, coconut milk, vinegar and coconut oil together.
4. Add egg mixture to flour mixture and fold gently (mixture will be very thick). Add carrots and peaches and chopped walnuts. Mix lightly.
5. Transfer to two, 9 x 4 loaf pans and bake at 350 degrees for 45 minutes.