



Apricot Jam Loaf

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 1 loaf:

- 225g dried apricots, diced
- 175g low fat natural yogurt
- 50ml apple juice
- 3 tsp apricot jam
- 1 egg
- 2 egg whites
- 3 tbsp olive oil
- 1 tsp vanilla essence
- 250g plain flour
- 100g sugar
- 1 tbsp baking powder
- 1 tsp bicarbonate of soda
- Zest of 1 lemon
- Pinch of salt
- Extra apricot jam to serve

Instructions

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1. Tip 100g of the apricots into a pan with the apple juice. Lightly boil, using a masher to gently mash the apricots down. Mix in the jam, continuing to mash until it turns into a rough puree.
 2. In a large mixing bowl, sift in the flour, baking powder and soda with a pinch of salt
 3. In a separate bowl, mix the yogurt, egg, egg whites, oil, vanilla, sugar, zest and puree.
 4. Stir the wet mixture into the dry, then fold in the remaining apricots.
 5. Pour into a lined loaf tin, smoothing out the top. Bake at 175 degrees C for 45-50 minutes until golden.
 6. Serve warm with apricot jam