

Recipes

Healthy date nut bread

Bread or cake? Who really needs to know, as long as it's healthy, certain to succeed and has a wonderful taste? Our date and nut bread should not be missing from any breakfast table.

This is because the combination of being super light yet simultaneously filling guarantees an energetic start to the day. Whether without alla cake, or with butter and fruity apple-pomegranate jam like bread – one thing is certain; with a mix of honey, the finest organic spelt breadcrumbs, cinnamon, vanilla, dates and nuts the morning hours promise to be enjoyable.

Our tip: it's ideal alongside coffee.

Quantity: 12 pieces
Duration: 1 hour 15 minutes

Ingredients:

For the sweet bread:

- 2 eggs (size L)
- 75g honey

- 250g flour
- 1 ½ tsp baking powder
- 90g LAND-LEBEN organic spelt breadcrumbs
- 1 teaspoon of cinnamon
- Some vanilla pulp
- 200g dates
- 50g hazelnuts
- 50g almonds
- 100g walnuts
- 75g butter
- 300ml of light milk

For the baking pan:

- LAND-LEBEN organic spelt breadcrumbs
- Butter
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For the apple and pomegranate jam:

- 250g apple
- 250g pomegranate seeds
- 1 small package of preserving sugar 1:1 (corresponds to 500g)

Preparation:

For the date nut bread:

Beat the eggs with the honey in the food processor for a few minutes until frothy. Mix flour with Bach powder and breadcrumbs, then season with cinnamon and vanilla pulp and add to the egg-honey mixture in the food processor. Roughly chop the dates and nuts and add these to the mixing bowl. Add the melted butter around the milk and knead into a dough.

Butter a loaf pan (length = 18-20 cm) and line it with crumbs. Pour in the dough and bake in the pre-heated oven at 175°C for around an hour. Make a needle test.

For the jam:

Dice the apple. Remove the pomegranate seeds from the pomegranate and puree. Bring to the boil together with the preserving sugar in a saucepan. Puree. Make a gel test.

Serve the sweet date nut bread with butter and apple-pomegranate jam.

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