

Fruit Loaf

Ingredients

500g packet Loprofin Mix

1 sachet dried yeast (supplied with Loprofin Mix)

1 teaspoon salt

2 tablespoons cooking oil

450m/15fl.oz tepid water

125g dried sultanas, cherries and apricots

2 teaspoons mixed spice and/or 2 tablespoons black treacle

Method

1. Mix together Loprofin Mix, yeast and salt in a large bowl - stir in oil and water.
2. Add in dried fruit, mixed spice and black treacle.
3. Seal batter and prevent drying out whilst proving.
4. Loosely cover tins with cling film and put in warm place to prove/rise for approximately 30 minutes, until batter has doubled in size.
5. Remove cling film and brush the top of the loaf with olive oil to make it go brown when cooked.
6. Place the bread in a preheated oven for approximately 25 minute, until golden brown; turn out of the tin onto a wire rack and leave to cool.

Using a Bread Maker

1. Set your bread maker to dark crust, basic or bake rapid setting, with loaf size 700g or XL.
2. Put the oil and tepid water into the bread maker first; add the mixture, yeast, mixed spice, treacle and salt.
3. Cooking low protein bread with a bread maker will take approximately 3 hours.
4. Once cooked, switch off the bread maker, take the pan out of the machine and turn the bread out onto a wire rack to cool slightly before serving.

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