



Chocolate and orange loaf

Prep: 15 minutes • Cook: 50 minutes • Serves: 8



Ingredients

25g cocoa powder
80ml olive oil
½ teaspoon vanilla essence
110g golden caster sugar
Zest of 1 orange
2 small eggs
40g self-raising flour
45g ground almonds
½ teaspoon baking powder
60g thick cut marmalade

To serve as a dessert

50g crème fraîche

- 1** Preheat the oven to 180°C / 160°C fan / gas mark 4. Grease and line a loaf tin. Sift the cocoa powder into a mixing bowl and pour in 140ml of boiling water, mixing until the cocoa powder has dissolved.
- 2** Mix in the oil and vanilla essence. Add the sugar, orange zest and eggs and, with a hand-held electric whisk, whisk the mixture for 3 minutes until light. Fold in the flour, ground almonds and baking powder until just combined.
- 3** Spread the marmalade evenly into the bottom of the loaf tin and then gently spread the batter over the top. Bake for 45-50 minutes until a skewer inserted comes out clean. Leave to cool in the tin for 15 minutes. Turn out and gently remove the lining and scrape any marmalade back onto the top of the cake.
- 4** As a dessert, serve warm with a heaped teaspoon of crème fraîche or leave to cool completely and serve as a slice of cake.

Nutritional info

Low phosphate **X**
Low potassium **✓**
Carbohydrate **25g**
Low protein **✓**
Low salt **✓**
Cost per portion (November 2023) **28p**
Energy in kcals **252**