

Healthy Apple Hemp Loaf

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 1/4 cup oat flour
- 1/4 cup Manitoba Harvest ground hemp seed
- 1/4 cup coconut flour
- 1 1/4 cup coconut sugar or monk fruit sugar
- 2 tsp ground cinnamon
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 cup milk of your choice (I used oat milk)
- 1 1/3 cup unsweetened applesauce
- 2 small eggs
- 1 1/4 cup melted coconut oil
- 1/4 cup maple syrup
- 1 cup finely chopped apple
- Optional: 1 1/4 cup chopped walnuts or pecans

Glaze

- 1/4 cup coconut butter
- 2-3 tbsp coconut oil

Instructions:

1. Preheat the oven to 350 F (180 C). Line a standard size loaf pan with parchment paper or grease with coconut oil.
2. In a large bowl, combine the dry ingredients together including oat flour, ground hemp, coconut flour, coconut sugar, ground cinnamon, baking soda and baking powder.
3. In a separate bowl, combine wet ingredients including milk, applesauce, eggs, coconut oil, maple syrup and chopped apple.
4. Add wet ingredients to dry ingredients and mix together. Fold in walnuts or pecans if using. Pour into loaf pan and bake for 60-70 minutes or until a knife inserted comes out clean.
5. Once fully baked, remove from the oven and let cool completely before slicing.
6. To make the glaze, slowly melt the coconut butter and coconut oil on a very low temperature on the stovetop. Pour over top of loaf once loaf has fully cooled.
7. Refrigerate for up to 5 days or slice and freeze for up to 3 months in an airtight container.