



Spiced Spelt Loaf

380g spelt flour
250g brown sugar
1 tsp baking powder
3 tsp cinnamon
3 tsp mixed spice
3 tsp nutmeg
300ml water, milk or fresh juice
150g sultanas or mixed dried fruit



Place sultanas in the water milk or fruit juice and soak for 10 minutes.

Preheat the oven to 160C

Mix the spelt flour with the baking powder and spices. Add the sultanas and liquid to the flour, mix well. Grease a loaf tin and pour in mixture. Bake in the middle of the oven for 1.5 hours. Once baked, allow to cool on a rack upside down for 10min.

This recipe from Henriette of Kindred organics was such a hit at the Sustainable Living Festival in 2012 (Hobart), that we asked her to give us the recipe.

Kindred Organics grows spelt in Tasmania, as well as number of other crops such as their famous quinoa, their website is www.kindredorganics.com.au

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