



Khorasan Carrot Loaf with Swiss Chard, Dates and Walnut

Ingredients:

1 cup whole grain oatmeal
¾ cup whole grain Khorasan flour* (substitute whole grain of choice)
1/3 cup Demerara sugar (substitute a coarse, dark sugar)
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
1/3 cup pitted dried dates, chopped (substitute dried fig or prunes)
1/2 cup chopped walnuts
2 large carrots, peeled and chopped (about 1 cup grated)
2 cups lightly packed Swiss chard, torn (substitute dark leafy green of choice)
¼ cup olive oil
¼ cup plain Greek yogurt
1/3 cup buttermilk
1 tsp. vanilla
2 eggs, lightly beaten

Procedure:

Heat oven to 350° F

In a medium size bowl, combine oatmeal, Khorasan, Demerara sugar, baking soda, baking powder, cinnamon, chopped dates and walnuts. Stir to combine.

In a separate, larger bowl, combine olive oil, yogurt, buttermilk, vanilla and eggs.

Meanwhile, combine Swiss chard and carrots in blender and blend until coarsely ground. You should end up with about 1 + 1/2 cups of grated carrot Swiss chard mixture. Add dry ingredients to wet, mixing only until combined.

Pour batter into a greased loaf pan and bake for about 40 minutes or until golden brown and firm to the touch.

Allow loaf to cool for 10 minutes before slicing.

