



Low FODMAP Orange Gingerbread Loaf

Serves: 12

Prep: 10 minutes

Cook: 50 minutes



Stack Cup

Ingredients	Metric	Imperial
1½ cups quinoa flour	225 g	8 oz
1½ cups almond meal	225 g	8 oz
⅓ cup caster sugar	70 g	2.5 oz
1½ tsp bicarbonate soda	6 g	0.2 oz
½ tsp salt	2 g	0.1 oz
1 tsp ground ginger	5 g	0.2 oz
2 large eggs	117 g	4.1 oz
¾ cup lactose free yoghurt	188 g	6.6 oz
½ cup pumpkin, grated	115 g	4.1 oz
¼ cup vegetable oil	36 g	1.3 oz
¼ cup rice malt syrup	112 g	3.9 oz
1 tbsp orange rind, grated	6 g	0.2 oz
1 tbsp fresh orange juice	20 g	0.7 oz

Method

1. Preheat oven to 180°C/356°F.
2. Sift dry ingredients (except almond meal and sugar) into a large bowl. Add almond meal and sugar.
3. Mix in the eggs, yoghurt, pumpkin, orange juice and rind, syrup and oil. Mix well.
4. Prepare a loaf tin – lightly spray with oil and line the base with baking paper. Pour mix into tin.
5. Bake for 45-50 minutes or until a skewer comes out clean from the middle of the bread. Cool completely in the pan. Turn the ginger bread out of the tin and it's ready to eat!

Nutrition Information (per serve)	
Energy	1247 Kj / 298 cal
Protein	8.40g
Carbohydrates	26.50g
Sugar	10.80g
Total Fat	17.50g
Saturated Fat	1.80g
Fibre	3.20g