



## LEMON CHIA AND POPPY SEED LOAF

'Zingy, moist and absolutely delicious', this is how we would describe our Lemon, Chia & Poppy loaf. This recipe is so easy to put together, and if you're entertaining, your guests will certainly love you. A must if you're into citrus flavours.

### Ingredients:

1 ½ cup *organic unbleached plain flour*  
1 ½ teaspoons *gluten free baking powder*  
Pinch of *Himalayan salt*  
¾ cup *coconut oil*  
¼ cup *raw sugar*  
2 *free range eggs*  
1 *free range egg yolk*  
¾ cup *natural yogurt* (substitute with coconut yoghurt if dairy free)  
2 tablespoons *poppy seeds*  
1 ½ tablespoons *chia seeds*  
Zest of 2 *lemons*  
1 teaspoon *organic vanilla essence*

### Syrup:

1 1/2 *lemons* juiced  
¼ cup *raw sugar*

### Method:

Preheat oven to 175 degrees celsius and grease a loaf pan.  
Whisk together the flour, baking powder and salt.  
Cream the coconut oil and sugar together until fluffy then slowly add the eggs one at a time. Add the lemon zest, poppy seeds, chia seeds, and vanilla and mix well.  
Add half the flour and then add the yogurt and mix.  
Last, add the rest of the flour and mix until only just combined.  
Bake for 45-50 minutes or until a skewer inserted comes out clean.  
While the loaf is baking make the lemon syrup. Heat the lemon juice and sugar together until it comes to a simmer. As soon as the loaf is taken out of the oven, spoon the syrup on top. Leave the loaf in the pan for several hours, or overnight. Enjoy!

**Inspiration:**

For a **gluten free option** simply replace the regular flour for a gluten free plain baking flour, or better still, use 1 cup gluten free flour and 1/2 cup nut meal.

**Vegetarian**