

## POPPY SEED LOAF

1/2 cup raisins  
2 cups coarse oat flour (can make your own in a blender with rolled oats)  
1/2 cup whole wheat bread flour (hard wheat)  
2 1/2 tsp. baking powder  
1/2 tsp salt  
1/4 tsp mace or nutmeg  
2 eggs  
2 Tbsp. oil (or butter)  
2 to 4 Tbsp. honey or Xagave Natural Sweetener OR 1/4 cup date sugar  
1 cup milk  
2 Tbsp. poppy seeds  
2 tsp. lemon peel

Either soak raisins 5 min. in 1/4 cup boiling water and whirl briefly in the blender or chop them coarsely by hand and then soak them.

Preheat oven to 350 degrees F. Grease and 8"x4" loaf pan.

Put oat flour in bowl and sift in the other ingredients. In the Bosch bowl equipped with the cookie whisks, beat together eggs, oil, and sweetener. Stir together in milk, raisins and water, poppy seeds and lemon peel, and add to the egg mixture, jogging the Bosch on the "m" switch a couple of times. Add dry ingredients to wet ingredients by jogging a few times again until just barely mixed. Pour batter into the pan and sprinkle with more poppy seeds. Bake for about 1 hour.

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