

Lemon & Blueberry Polenta Loaf

Serves 8. Preparation: 10 minutes Cooking: 50 minutes

Ingredients:

175g Pure Sunflower spread
100g golden caster sugar
5g powdered Stevia
2 eggs
Finely grated rind of 1 lemon
Juice of 1 lemon
½ tsp lemon essence
100g ground almonds
100g fine cornmeal/polenta
50g Doves Farm gluten free plain flour + extra for blueberries
½ tsp gluten free baking powder
50g blueberries

Method:

1. Preheat oven to Gas Mark 4, 180°C, 350°F
2. Line a 2lb loaf tin (9"x5") with parchment or a loaf tin liner
3. Cream the sunflower spread, sugar & Stevia until light & fluffy.
4. Beat in the eggs, lemon juice, rind & lemon essence.
5. Fold in the almonds, cornmeal, flour & baking powder.
6. Sprinkle a little GF plain flour over the blueberries (to stop them sinking).
7. Gently fold the blueberries into the mixture.
8. Tip the mixture into the prepared loaf tin.
9. Bake for 50 minutes in the preheated oven until a skewer comes out clean.
10. Leave to cool for 10 minutes before removing from the tin & placing on a wire rack to finish cooling.