



Vegan Malt Loaf

Many triathletes and endurance athletes use the traditional malt loaf to power their training and races and this is a twist on this classic. This vegan malt loaf recipe is quick and easy to make in just one bowl. It is sticky, moist and fragrant.

Delicious served with (vegan) butter and a cup of tea!

Serves: 10, Prep time: 00:25, Cook time: 01:00

Instructions

- Preheat the oven to 170C/150C fan/325F/gas mark 3. Grease an approx 11.5 x 21.5 cm / 4.5 x 8.5 in loaf tin (2lb loaf tin) and line it with baking parchment.
- Place the raisins and chopped prunes in a large bowl, pour over the hot tea, stir and set aside to soak for 15 minutes.
- Stir in the malt extract and brown sugar until well combined.
- Stir in the milk, baking powder, bicarbonate of soda and salt. Finally, stir in the flour until no dry lumps remain.
- Pour the batter into the prepared tin and bake for about 1 hour, until firm to the touch and a skewer inserted

Ingredients

- 200 grams Raisin, seedless (7 oz)
- 100 grams Prunes, dried, or dates (3.5 oz)
- 150 milliliters Black tea, Hot & strong plus 2 tablespoons (5 oz (U.S.))
- 150 grams Malt extract (5.5 oz)
- 100 grams Sugar, brown (3.5 oz)
- 60 milliliters Milk, Any non dairy, unsweetened (2 oz (U.S.))
- 1 teaspoon Baking Powder
- 0.5 teaspoon Bicarbonate of soda
- 0.25 teaspoon Sea Salt
- 250 grams Flour, wheat, white, All purpose (9 oz)

into the centre comes out clean
(watch out for bits of prune).

- Brush the hot loaf with some malt extract. I find the best way to do this is to spoon some on top and spread it about with the back of the spoon.
- Leave the malt loaf to cool completely in the tin before turning out and slicing. Store in an airtight container at room temperature.

Notes

Malt loaf is even better if you store it for a couple of days before slicing it. Wrap it well in tin foil and store in an airtight container for 2-3 days before serving. The flavours will mature and it will become even more squidgy and delicious.

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