

Fresh Blueberry and Peach/Nectarine Quick Bread

1/2 cup (95 grams) blueberries

1 1/2 cups (225 grams) diced nectarines or peaches

2 Tbsp sugar

3 cups (375 grams) all-purpose flour

1 1/4 cup (250 grams) granulated sugar

1 teaspoon cinnamon

4 tsp baking powder

1 tsp salt

1 1/2 cups (360 ml) apple juice or cider

1/2 cup (120 ml) vegetable oil

2 large eggs

1 tsp vanilla extract or vanilla sugar

1 tablespoon flour for cut up fruit

2 tablespoons Demerara sugar

Directions:

Preheat oven to 350 F/180 C.

Place the cut up fruit in a bowl and sprinkle two tablespoons sugar over them. Toss and set aside.

In a bowl mix together the flour, sugar, baking powder, salt and cinnamon. Add apple juice, oil, eggs and vanilla. Mix just until combined. Do not over mix or it toughens the cake.

In the bowl with the fruit and sugar, add a tablespoon of flour and toss until coated. Add fruit to the rest of the cake mixture. Fold in gently. Spoon batter into two greased English cake long tins (or a 9 x 5 loaf tin and bake for about an hour to an hour and 10 minutes) and sprinkle the tops with the Demerara sugar. Bake for about 45 minutes or until a toothpick comes out clean and cake is golden brown. Let cool in pan on wire rack before slicing.