



THOUGHTFUL COOKING WITH TINA

Marbled Orange & Almond Loaf with Chocolate-Tahini (GF, DF)

SERVES 8 · 1 HR 30 MIN · GLUTEN-FREE · DAIRY-FREE

A gluten-free orange and almond loaf, naturally sweetened with dates and marbled with chocolate-tahini — moist, fragrant and dairy-free.

INGREDIENTS

DRY INGREDIENTS

130 g almond flour
35 g buckwheat flour
1 tsp baking powder
½ tsp baking soda
Pinch of sea salt
2 tbsp of almond flakes

WET INGREDIENTS

9 pitted Medjool dates
150 g orange segments (≈ 1 medium orange)
Zest of 2 oranges
45 g extra-virgin olive oil (≈ 3 tbsp)
2 large eggs, separated

MARBLE

4 tbsp white tahini paste
1 tbsp unsweetened cacao powder
1 tbsp maple syrup
3 tbsp warm water

ALLERGENS

Eggs · Sesame (Tahini Paste) · Nuts (Almonds)

METHOD

1. Soak the pitted dates in a bowl of warm water for at least 10 minutes, then drain.
2. Preheat the oven to 160°C fan (320°F fan). Line a 1 L loaf tin with baking parchment and lightly grease the sides.
3. In a small food processor or blender, combine the pitted dates, orange flesh and zest, olive oil and egg yolks. Blend to a smooth purée, adding a teaspoon of warm water only if the mixture is very stiff.
4. In a clean, grease-free bowl, whisk the two egg whites to soft peaks (when you lift the whisk, peaks should form but droop at the tip).
5. In a large mixing bowl, stir together the almond flour, buckwheat flour, baking powder, baking soda and salt. Pour the dry-ingredient mix into the date-orange-oil mixture and whisk until just combined.
6. Fold one-third of the egg whites into the batter with a silicone spatula using gentle circular motions, then fold in the remaining whites until no white streaks remain.
7. In a small bowl, whisk together the tahini, cacao powder and maple syrup. Add enough warm water (1–2 tbsp) to help it blend smoothly — aim for a nut-butter-like consistency, not a pourable sauce.
8. Reserve 250 g of the orange-almond batter in a separate bowl and fold in with a silicone spatula the prepared tahini-cacao mixture until evenly combined.
9. Spoon alternating dollops of plain and chocolate-tahini batter down the centre of the lined tin. Using a knife held flat, draw a couple of zig-zag lines from one end of the tin to the other to create a marbled pattern.
10. Scatter the almond flakes evenly over the top. Bake on the middle shelf of the preheated oven for 25 minutes, or until the flakes turn a light golden brown.
11. Tear a sheet of BPA-free baking parchment large enough to cover the loaf tin with some overhang. Drape it loosely over the top of the tin, then secure the edges by gently folding strips of aluminium foil around the tin's rim — ensuring the parchment, not the foil, sits directly above the cake. Bake for a further 30-35 minutes.
12. Insert a skewer into the centre of the loaf — when it comes out with just a few moist crumbs, the cake is ready. Allow it to rest in the tin for 30 minutes before using the parchment overhang to lift it out onto a wire rack. Let it cool completely before slicing.

PER SERVING · estimated

~265 kcal · Protein ~7.2g · Fat ~19.0g · Carbs ~17.5g · Fibre ~4.10g