

Gingerbread Yogurt Loaf with Carrot Marmalade

Skill Level [Easy](#)

Preparation Time 10 minutes

Total Time 65 minutes

Servings 10

Cost Per Serving \$0.65



Ingredients

1 1/2 cups	Unbleached All-Purpose Flour
1/2 tbsp each	Ground Ginger, Ground Cinnamon
1 cup	Whole Greek Yogurt
1/4 cup	Butter
2	Eggs
1/2 cup	Dark Molasses
1/2 Cup	Dark Brown Sugar
1 tbsp	Baking Powder

Carrot Marmalade

1 cup	Grated Carrot
2 tbsp	Grated Ginger
1 cup	Water
1	Orange, juice and zest
1/2 cup	Honey
1 tsp	Ground Cardamom

Directions

1. Preheat the oven to 350 F.
2. Combine the eggs, butter, molasses, yogurt and brown sugar in one bowl. Mix the flour, spices, and baking powder in a separate bowl. Slowly mix both together just until combined. Pour into a greased loaf tray.
3. Bake for about 45 to 55 minutes or until a knife inserted into the loaf comes out dry.
4. Combine the marmalade ingredients together in a small pot, over medium heat. Once simmering, reduce to medium low and simmer for about 20 minutes. Allow to cool, serve with the gingerbread loaf.

Nutrition

- The holidays can be difficult when you aren't feeling well. Most if not all gatherings are focused around food, and you might be worried you won't be able to eat some of it. A helpful strategy is to bring a dish with you that you can eat so that you know you can have something at the party. If you are a family member or friend of someone with pancreatic cancer, this loaf makes a lovely gift they can enjoy.
- Using Greek yogurt has added extra protein to this loaf. You can also serve this with some nut butter for even more protein and calories.
- Ginger can help reduce nausea after surgery and from chemotherapy. Using a few teaspoons of fresh or powdered ginger a day is fine. If you would like to take more, speak to your doctor, as ginger can interfere with some medications.

Nutrition Facts

Valeur nutritive

Serving Size (125 g) / Portion (125 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 270	
Fat / Lipides 6 g	9 %
Saturated / saturés 4.5 g + Trans / trans 0 g	23 %
Cholesterol / Cholestérol 50 mg	
Sodium / Sodium 85 mg	4 %
Carbohydrate / Glucides 50 g	17 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 33 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	15 %
Iron / Fer	15 %