

# Whole Wheat Honey Loaf Cake

*Here's a whole wheat honey cake recipe  
which tastes delicious without any sugar!*



## Ingredients

- 1 cup whole wheat flour
- $\frac{3}{4}$  cup honey
- $\frac{1}{2}$  cup milk or milk substitute
- $\frac{1}{4}$  cup oil
- 1 tsp baking powder
- $\frac{1}{2}$  tsp bicarbonate soda
- 1 egg

## Method

Preheat oven to 180 degrees C. Line a baking loaf pan with parchment paper and set aside.

Take flour, baking soda and baking powder in a bowl and mix well. Set aside.

Take egg, honey, oil and milk or milk substitute in a bowl and mix well.

Add in flour mix and fold gently.

Spoon it into a loaf baking pan and bake for 35 to 40 mins.

Remove and cool completely before slicing.

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