

Cranberry and pistachio bread



Here's a heart-healthy dairy-free Christmas treat brought you by the Australian [Heart Foundation](#)



Serves: Eight

Prep time: 15 minutes | **Cooking time:** 50 minutes



Ingredients

- 3 egg whites
- ⅓ cup caster sugar
- ¾ cup wholemeal plain flour
- ½ cup pistachios
- ⅓ cup natural almonds
- ¾ cup (120 g) sweetened dried cranberries
- 1 teaspoon finely grated orange rind

Method

1. Grease a 12 cm x 22 cm (top measurement) medium loaf pan. Line base and sides with baking paper
2. Beat egg whites in medium bowl with an electric mixer until soft peaks form. Gradually beat in sugar. Continue beating on high speed for about 5 minutes until sugar is dissolved and mixture is smooth.
3. Stir in flour, pistachios, almonds, cranberries and rind until combined.
4. Spoon mixture into prepared pan. Smooth over top. Bake in 160 °C oven (fan-forced) for about 35 minutes, until top is lightly browned. Cool in pan. Remove. Wrap in foil. Stand overnight.
5. Using a large serrated knife, cut loaf into very thin slices, about ½ cm thick.
6. Place slices on 2 baking trays. Bake in 150 °C oven (fan-forced) for 12–15 minutes, until dry and very lightly browned (bread will become crisp on cooling). Cool on trays. Transfer to an airtight container.

Tips

- This crunchy, twice-baked bread is similar to Italian biscotti and will keep for up to 2 weeks in an airtight container.
- For a variation, replace pistachios with hazelnuts and cranberries with chopped dried apricots.