

Helergon Kitchen

# Blood Orange Loaf Cake – Easy Sweet Bake

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| **15 min**<br>Prep time | **45 min**<br>Cook time | **1 h**<br>Total time |
| **8**<br>Servings | **Easy**<br>Difficulty | **Mediterranean-American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt
- [ ] 1 tsp ground cinnamon
- [ ] ½ cup unsalted butter, softened
- [ ] ½ cup honey
- [ ] 2 large eggs
- [ ] ½ cup Greek yogurt
- [ ] ½ cup fresh blood orange juice (about 2 oranges)
- [ ] Zest of 2 blood oranges
- [ ] ¼ cup milk

### Glaze

- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp orange juice

## Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan and line with parchment.
2. In a bowl, whisk together flour, baking powder, baking soda, salt, and cinnamon.
3. In another bowl, cream butter with honey until light. Add eggs one at a time, then stir in orange zest and juice.
4. Combine wet and dry mixtures, folding in yogurt and milk gently until just blended.
5. Pour batter into the pan, smooth the top, and bake for 45-50 minutes. Check with a toothpick; when clean, remove and cool 10 minutes.
6. Mix glaze ingredients, drizzle over the warm loaf, and let set before slicing.

### Nutrition per serving

| 310 kcal | 6 g | 50 g | 10 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the loaf browns too quickly, cover loosely with foil.
- For extra citrus zing, add a tablespoon of orange zest to the glaze.
- A pinch of nutmeg can deepen the spice profile.