

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Julia Child's Lemon Loaf

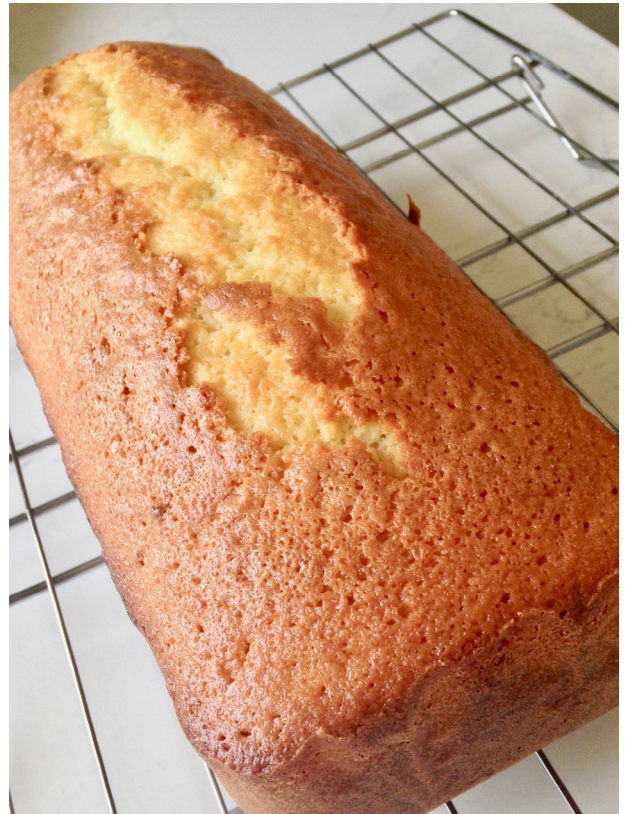
4 large eggs, room temperature  
1 cup sugar  
pinch of salt  
grated zest of 3 lemons (I use 4)  
1 ¼ cup cake flour  
½ tsp baking powder  
½ cup heavy cream, room temperature  
5 ½ tbs butter, melted and cooled to room temp

Place the rack in centre of the oven. Preheat it to 350F. Butter 9 x 5-inch pan and dust with flour.

Whisk eggs, sugar and salt until foamy. Whisk in grated zest.

Sift flour, baking powder together. Add a third of dry ingredients over egg mixture. Whisk in some of the cream. Add in two more additions. Switch to a rubber spatula and gently fold in the melted butter.

Bake for 50 – 60 minutes. Rest for 10 minutes before unmolding.



Recipe taken from Julia Childs, *Baking* cookbook  
Photograph courtesy of Lynn Ogryzlo  
Episode #64: Therapeutic Lemons

**Note:**

This lemony lemon loaf is best when it cures for a day.  
No need for citrus syrup or icing.

Email Lynn with questions or comments at [lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)

**Because What You Put In Your Body Matters!**