

# WHOLEMEAL DATE AND WALNUT LOAF



## INGREDIENTS

- 2 eggs, lightly beaten
- 1 cup dates, chopped
- 3 tbsp butter
- 1 cup brown sugar
- 1 cup water
- ½ cup walnuts, chopped
- 1 cup self raising flour
- 1 cup wholemeal flour
- 1 tsp baking powder
- Spray oil
- Icing sugar for dusting



## METHOD

1. Preheat oven to 180°C.
2. Place dates, butter, sugar and water in a saucepan and stir over medium heat gently bringing to the boil. Remove from heat and set aside to cool.
3. Place mixture into a bowl and add eggs, walnuts and wholemeal flour, then sift over the self raising flour and baking powder.
4. Spray a 15cm x 25cm loaf tin with spray oil, line with baking paper and spoon in the mixture.
5. Place into the oven and bake for 45 – 50 minutes or until fully cooked. Remove from the oven to cool for 10 minutes, then turn out onto a cooling rack.
6. Dust with icing sugar, slice and serve.

## NOTES

Great in a lunch box or served with soft cheese or blue cheese.