

DATE & WALNUT LOAF

Preparation Time: 40 minutes

Total Cooking Time: 60 minutes

Serves: 8

Ingredients

- 1 cup pitted dates, chopped
- 1 cup boiling water
- 2 tablespoons maple syrup
- 1 ¼ cups plain flour
- 1 teaspoon bicarbonate of soda
- ¾ cup traditional rolled oats
- 1 ¼ cups of walnuts, chopped (experiment with other nuts)
- ½ cup brown sugar
- Light cream cheese, to serve



Method

- Preheat oven to 180°C (350°F/Gas 4).
- Grease a 6.5cm (deep), 9cm x 19cm (base) loaf pan.
- Line base and sides with baking paper, allowing a 2cm overhang at both ends
- Place dates in a heatproof bowl, pour over the boiling water and maple syrup and stand for 15 minutes – (might need to experiment if the dates are Barhee in the fresh stage – might just give that little extra crunch)
- Sift flour and bicarbonate of soda together in a bowl. Add oats, walnuts and sugar. Stir to combine. Add the date mixture and stir until all well combined.
- Spoon mixture into prepared pan, smooth the surface.
- Bake for 50 to 55 minutes or until skewer inserted into the centre comes out clean
- Stand loaf in pan for 5 minutes, lift onto wire rack to cool
- Slice and serve with cream cheese – and enjoy