

# DATE AND APRICOT BREAKFAST LOAF



# FOOD SERVICE



Packed with the energy of dates, the fibre of bran flakes and dried apricots, and the goodness of nuts, this loaf is great sliced and served with tea. Spread with a small amount of butter for a touch of indulgence.

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**SERVES 24** (2 loaves, 12 slices per loaf)



## INGREDIENTS

	Approx Unit Price	Approx Ingredient Cost
230g plain flour	0.00160	\$0.37
230g wholemeal flour	0.00232	\$0.53
80g bran flakes	0.00758	\$0.61
250g dates, chopped into small pieces	0.00500	\$1.25
120g walnuts, chopped	0.01800	\$2.16
100g dried apricots, halved	0.01899	\$1.90
50g thread coconut	0.00706	\$0.35
50g pumpkin seeds	0.01366	\$0.68
2 tsp baking soda	0.00450	\$0.04
5 eggs	0.20000	\$1.00
120g <b>Chelsea Caster Sugar</b>	0.00262	\$0.31
160g <b>Chelsea Golden Syrup</b> , warmed	0.00749	\$1.20
50g butter, melted	0.00840	\$0.42
200ml warm milk	0.00140	\$0.28

## METHOD

Preheat oven to 180°C. Grease two loaf tins.

Sift plain flour into a bowl, add wholemeal flour, bran, dates, walnuts, apricots, coconut and pumpkin seeds, reserving some of the dates, apricots and pumpkin seeds to dot over the top.

In a separate bowl, beat eggs and sugar together. Add golden syrup, butter and milk. Fold into dry ingredients.

Dissolve baking soda in 1 Tbsp hot water and mix into loaf batter.

Pour evenly into prepared loaf tins.

Bake 20 minutes, reduce oven temperature to 160°C and bake a further 30 minutes.

Test with a skewer to check if cooked through.

## RECIPE VARIATIONS

- Substitute any dried fruit for some of the dates and apricots (prunes, figs, pear etc).
- Substitute pecan nuts for walnuts.

<b>TOTAL COST</b>	<b>\$11.10</b>
<b>COST PER PORTION</b>	<b>\$0.46</b>
<b>GROSS PROFIT %</b>	<b>70%</b>
<b>SALES TAX</b>	<b>15%</b>

**MIN. SELLING PRICE** **\$1.77**  
(per portion)

Costs based on average wholesale prices at July 2010

## PROFIT

- Highly profitable item, costing approx 46¢ + GST per slice.

## NUTRITION

- Dates are high in B group vitamins, calcium, selenium, zinc and dietary fibre.
- Contains the goodness of walnuts, a good source of omega-3 fatty acids.
- Dried apricots are a good source of dietary fibre and contain high amounts of carotenoids, which can assist to prevent heart disease.
- Bran Flakes are high in fibre.
- Contains gluten, dairy and eggs.

## SERVICE

- Slice and wrap individually in plastic wrap.
- Keep on counter beside till as a mid morning impulse item.
- Excellent toasted, with butter on the side.