

Date & Walnut Loaf

Preparation time: 10 mins (+ 15 mins standing)

Cooking time: 45 mins

Serves 10 (as a snack)



FOOD
SERVICE

Cooking spray (to stick paper)
150g dried dates, finely chopped
2 tsps bicarbonate of soda
½ cup boiling water
1 cup wholemeal self-raising flour
½ cup self-raising flour
2/3 cup **Equal Stevia Spoon for Spoon**
2 tsps mixed spice
1/3 cup walnuts, finely chopped
2 x 50g eggs, lightly whisked
1/3 cup skim milk

1. Preheat oven to 180°C (fan-forced). Spray a 5.5cm deep, 9cm x 19.5cm (base measurement) loaf pan with cooking spray. Line base and side with baking paper, allowing the paper to overhang the side.
2. Put the dates in a medium bowl and sprinkle over the bicarbonate of soda. Pour over the boiling water. Set aside for 15 mins to soften.

3. Put the flours, Equal Stevia, mixed spice and walnuts in a large bowl. Stir well. Add the egg and milk to the date mixture and mix until well combined.
4. Add the date mixture to the flour mixture and mix until just combined. Pour into the lined pan and smooth the surface with a spoon. Bake for 30 mins or until a skewer inserted into the centre comes out clean. Set aside in the pan for 5 mins. Turn out onto a wire rack to cool completely.



Perfect for diabetics and health conscious consumers wanting to reduce their sugar intake.

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