



# DATE and WALNUT LOAF

## INGREDIENTS

1 ½ cup (240grams) pitted dried dates  
310mls water  
½ cup (100grams) dark brown sugar  
80grams unsalted cubed butter  
2 cup (300grams) self-raising flour  
1 ½ teaspoon mixed spice  
2 large eggs  
100grams chopped walnuts

## METHOD

1. Preheat oven to 180 degrees Celsius.
2. Grease baking tins with canola oil.
3. Place dates, water, dark brown sugar and butter in a saucepan. Cook over medium heat until sugar has dissolved. Bring to the boil, reduce heat then simmer uncovered for 2 minutes. Remove from heat, pour into a heatproof bowl and allow to cool for 20 minutes.
4. Sift flour and spice into a large bowl. Add eggs to the date mixture and stir to combine. Pour the date mixture into the flour mixture and use a wooden spoon to combine. Add walnuts and stir to combine.
5. Spread mixture into pans and bake for 45 minutes.