

WHOLEMEAL DATE & CINNAMON LOAF

INGREDIENTS

200g pitted dates
75ml hot water
100g plain flour
100g wholemeal plain flour
1 teaspoon baking powder
1 teaspoon cinnamon
2 teaspoons caster sugar
75ml milk
75ml vegetable oil
2 medium eggs

EQUIPMENT

chopping board, sharp knife,
small mixing bowl, wooden spoon,
large (2lb) loaf tin, baking parchment
large mixing bowl, weighing scales,
measuring jug, teaspoon,

SERVES: 8

PREP TIME: 30 minutes

ALLERGENS: cereals containing gluten,

COOK TIME: 35-40 minutes

egg, milk

- 1** Roughly chop the dates and place in the small mixing bowl. Carefully pour over the hot water and leave the dates to soak for 20 minutes.
- 2** Heat the oven to 180°C/Gas 4 and line the tin with baking parchment.
- 3** Place the flour, baking powder, cinnamon and sugar into the large bowl and mix together.
- 4** Measure the milk and oil into the jug. Then add the eggs and lightly beat together. Always remember to wash your hands after touching raw egg.
- 5** Transfer the soaked dates into the large mixing bowl, then pour over the egg mixture. Gently mix the ingredients together with a wooden spoon.
- 6** Spoon the mixture into the tin and bake for 35-40 minutes until risen, golden brown and slightly firm to the touch. Leave to cool for 10 minutes in the tin, then transfer to a cooling wire and serve once cooled.



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