

Date and walnut loaf

Serves 8-10



Ingredients

200g/7oz wholemeal self-raising flour
150g/5oz chopped dates
60g/2½oz chopped walnuts
25g/1oz monounsaturated/polyunsaturated margarine
120ml/4fl oz boiling water
200ml/7fl oz skimmed milk
1 teaspoon mixed spice
1 teaspoon ground cinnamon
1 beaten egg

Method

1. Line a loaf tin with greaseproof paper and turn the oven on at 190°C/375°F/gas mark 5.
2. Pour the boiling water over dates and leave to stand for 20 minutes.
3. Mix the flour and mixed spice in a bowl. Rub in the margarine until mixture resembles fine breadcrumbs.
4. Add the walnuts, dates and the water they were soaking and mix lightly.
5. Stir in egg and milk.
6. Pour into the loaf tin and bake for 1 hour 10 minutes. Check if it is cooked by pushing a knife into the centre of the cake and if it comes out clean this means the cake is done.
7. Turn out and leave to cool.