

PECAN AND DATE LOAF

(DAIRY-FREE)

300g chopped dates
2 cups boiling water
2 Tbsp molasses
2 tsp carb soda
2 cups boiling water
1 cup pecans roughly chopped (or almonds) (140g)
4 Tbsp oil
2 eggs
1 cup brown sugar
3 cups SR flour

Set oven at 180°C. Pour boiling water over dates, carb soda, molasses and sugar. Let stand at least 10 minutes. Combine with oil and beaten eggs, then add nuts and flour. Mix well. Bake in a lined loaf tin for 50-60 minutes.

Serve warm or cold. Nice buttered. Keeps well.

Recipe by Janet Prentice