

Wholemeal Date and Walnut Loaf



Preparation time:	65 mins
Serves:	8 people
User Rating:	★★★★☆

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Is there anything more delicious than caramelised dates and crunchy walnuts? Yes, actually. A not-so-traditional wholemeal date and walnut loaf – drizzled with honey and ricotta.

Sounds a little like something your Grandma used to make? Exactly. That's what's so comforting about this perfectly sweet date and walnut loaf.

And using wholemeal self-raising flour, this better-for-you recipe makes for that delectable and dense, golden loaf that's perfect for a morning treat with your cuppa – or an easy evening dessert.



Ingredients

- 160g (1 cup) pitted dried dates, chopped
- 100g unsalted butter, chopped

- 220g (1 cup) firmly packed brown sugar
- 2 eggs, lightly beaten
- ½ cup walnuts, chopped
- 160g (1 cup) wholemeal plain flour
- 150g (1 cup) self-raising flour
- 1 tsp baking powder
- Smooth ricotta, to serve
- Honey, to serve

Method

1. Preheat oven to 180°C/160°C.
2. Lightly spray a 11cm x 22cm (base measurement) loaf tin with oil and line the base with baking paper
3. Place dates, butter, sugar and 180ml (3/4 cup) water in a saucepan and stir over medium heat and gently bring it to the boil. Remove from heat and set aside to cool.
4. Place date mixture in a large bowl and add the eggs, walnuts and wholemeal flour, then sift over the self-raising flour and baking powder. Mix well and spoon the mixture into the prepared tin.
5. Bake for 45-50 minutes or until golden and a skewer inserted into the centre comes out clean. Set aside to cool in tin for 10 minutes before turning out onto a wire rack. To serve, toast slices and spread with ricotta and drizzle with honey. Or spread simply with butter.

Notes

Looking for nut-free? Not a fan of walnuts? Substitute any nuts you like, or simply leave the nuts out.

This loaf is suitable to freeze. Slice it up and freeze so you can toast up a slice whenever you like.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
145g	2170kJ 519kcal	10.2g	19.4g	9.3g	72.4g	47.1g	249mg	5g	1µg

All nutrition values are per serve.