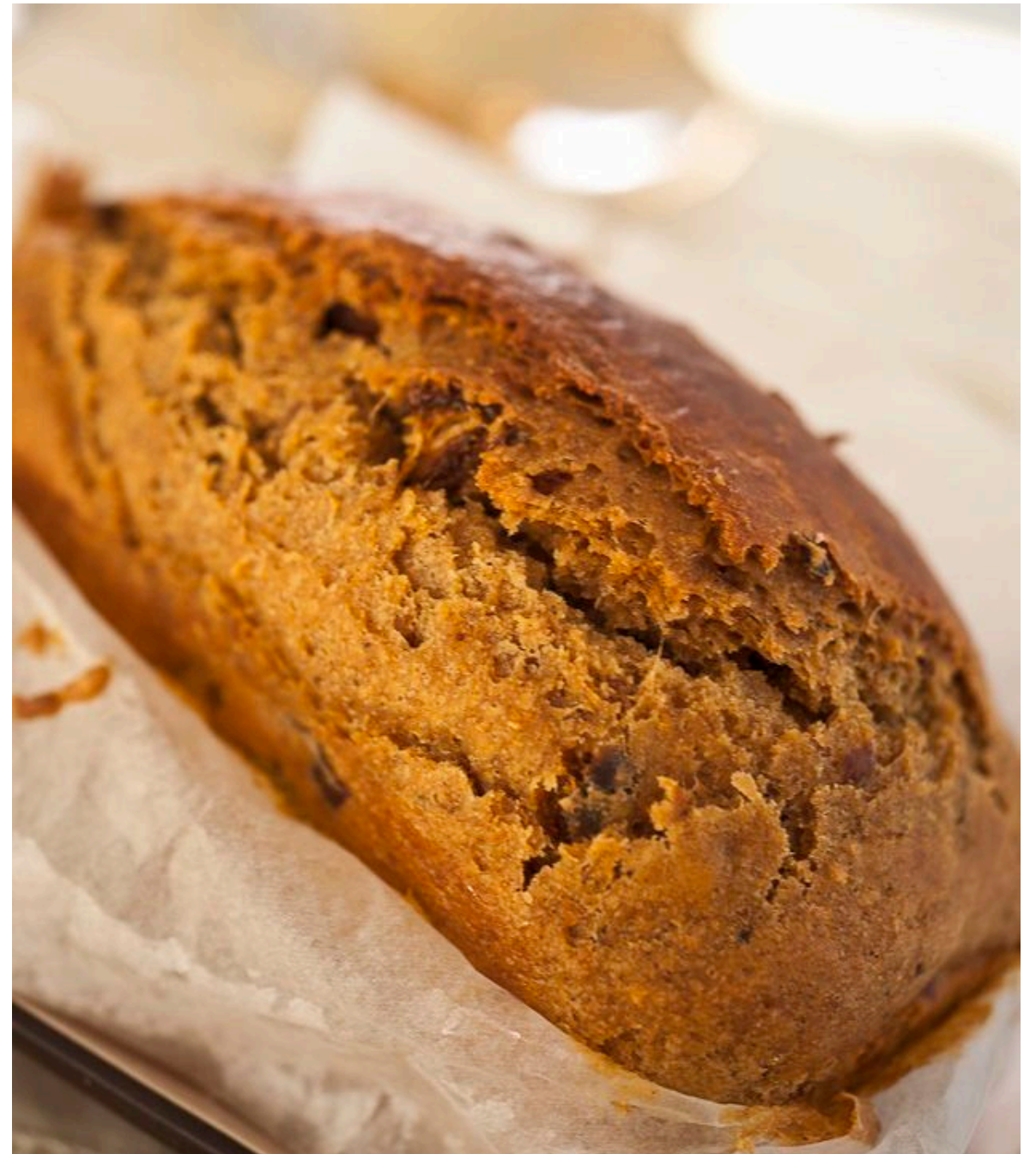


# Date Loaf

This delicious baked loaf is packed with fruit and spices, serve warm with a dollop of yoghurt for a tasty afternoon snack.



Serves 10 children



50 minutes

## INGREDIENTS

Margarine, polyunsaturated 10g ( $\frac{1}{2}$  T)  
 Sugar, brown 45g ( $\frac{1}{4}$  C)  
 Bicarbonate of soda 1g ( $\frac{1}{2}$  t)  
 Dates, dried, pitted, chopped 150g ( $\frac{3}{4}$  C)  
 Water 250ml (1 C)  
 Flour, self-raising 175g (1  $\frac{1}{4}$  C)  
 Flour, wholemeal, self-raising 40g ( $\frac{1}{4}$  C)  
 Mixed spice 2g (1 t)  
 Milk, Hilo 65g ( $\frac{1}{4}$  C)  
 Egg, beaten 60g (1 egg)

## DIRECTIONS

1. Preheat the oven to 170°C. Lightly grease a small loaf tin. Line with baking paper, allowing a 2cm overhang at long ends.
2. Place chopped dates and margarine, in bowl with  $\frac{1}{2}$  C boiling water. Set aside to cool for 10 minutes.
3. In another bowl combine flour, bicarbonate of soda, sugar and mixed spice.
4. Add milk, beaten egg to cooled date to mixture. Stir.
5. Fold in flour mixture. Spoon mixture into a prepared pan and smooth surface.
6. Bake for 30 minutes or until a skewer inserted in centre comes out clean.
7. When cooked, remove from oven and allow to stand for 10 minutes, then turn onto a wire rack.

# Allergy Information

Contains: cow's milk protein, gluten, wheat, egg.

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## Childcare RDI Calculator:

Fat	<div></div>	20 %
Vegetables	<div></div>	0 %
Meat/Alt*	<div></div>	10 %
Cereals	<div></div>	60 %
Dairy	<div></div>	10 %
Fruit	<div></div>	50 %

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services