

GLUTEN FREE DATE AND WALNUT LOAF



This weeks 'Recipe of the Week' has been contributed by our Lismore store manager Caroline. A delicious gluten and dairy free Date and Walnut loaf. Enjoy.

Ingredients:

110g *gluten free plain flour*

110g *gluten free self-raising flour*

110g *nuttelex* (or non-dairy alternative)

1 teaspoon *bicarb soda*

130ml *boiling water*

60g *walnuts*, chopped

230g *dates*, chopped

1 x *egg*, lightly beaten

Method:

Preheat the oven to 180° Celcius (170° gas)

Place the chopped dates, nuttelex and bicarb into a bowl.

Pour the boiling water over the date mixture and allow to sit for 10 minutes.

Add the walnuts, flours (both) and beaten egg to the cooled date mixture and mix well.

Pour the mixture into a lined loaf tin and bake in the oven for 45-50 minutes.

Allow to cool in the pan before transferring to a rack. Enjoy plain or spread with nuttelex (or butter if preferred).

Gluten Free | Dairy Free | Refined Sugar Free