



### **Mum's Date Loaf**

1 cup water (250ml)

3/4 cup sugar (160g)

1 cup dates (135g)

1 small tsp baking soda

1 large tbsp butter (15g)

1 3/4 cup self raising flour (240g)

1 egg, lightly beaten

Pinch salt

2 tbsp fine desiccated coconut

Optional toppings: 3/4 cup walnuts (65g), roughly chopped + 1/4 cup dates (35g)

### **Method**

Preheat your oven to 180 degrees Celsius (350 F) and line a loaf tin with parchment paper or lightly spray with oil.

Place the water, sugar, dates, soda and butter in a saucepan and stir until the mixture boils. Take off the heat and allow the mixture to cool for a few minutes.

In a separate bowl, add the beaten egg to the flour and then add the date mixture. Stir to combine, then add the salt and coconut and mix again until just combined.

Pour the mixture into the prepared cake tin, and then sprinkle over the toppings (optional). Bake for approximately 45 minutes or until cooked.

Check and rotate the loaf at half way.

Enjoy bakers!