

Sugar Smart recipes



Date Loaf

Ingredients: (based on 100 Portions)

Dates	2085g	Bicarbonate of soda	40g
Water	3125ml	Plain Flour	2500g
Margarine	660g	Cinnamon	40g
Salt	10g		

Method:

1. Put the dates and the water in pan and simmer for about 3 mins until dates are softened.
2. Preheat the oven to 180°C, gas 4.
3. Grease and line 2lb loaf tins. 12 portions will fit into one loaf tin.
4. Rub the margarine into the flour, add bicarbonate of soda, salt & cinnamon.
5. Add the date mixture and stir well.
6. Pour the mixture into the prepared tin and spread it out evenly.
7. Bake for 50-60 minutes or until a skewer inserted into the centre of the cake comes out clean.
8. Leave to cool in the tin for a few minutes, then turn out on to a wire rack to cool completely

Regen oven:

- 1 - 7 As above
- 8 Bake in the right hand side of the Regen oven for approx. 30 mins
- 9 As above