



## 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**