

## Date & Walnut Bread

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Serves 4 High fibre

Dates and Walnuts and Cottage cheese make a light moist semi-sweet bread cake.

This can be eaten plain or lightly spread with honey or even a very low fat cheese spread.

### **Ingredients: -**

225g/½lb - semi-dried dates

225g/½lb - wholemeal flour

150ml/¼oz - skimmed milk

75g/3oz - low fat cottage cheese

45ml/3oz - chopped walnuts

1 egg – beaten

½ tsp - bicarbonate of soda

freshly grated nutmeg

pinch of salt

### **Method: -**

Heat the oven to 180°C/350°F/gas mark 4.

Stone and chop the dates.

Put the dates and walnuts into a bowl with the flour and add the nutmeg, salt and bicarbonate of soda. Make a well in the centre.

Rub the cheese through a sieve or strainer, and gradually beat in the egg.



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Pour this mixture and the skimmed milk into the flour and mix ingredients

together.

Put into a greased 450g/1lb loaf tin and smooth on top.

Bake the loaf for 1 hour and then turn out onto a wire rack to cool.

Cooking time approximately 1 hour.

Although this recipe contains one egg, the amount in each slice is very small.

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