

Date and Banana Loaf

250g pack of stoned dates. Boil for 5min with 200ml water.

Strain and keep the liquid.

Liquidise dates with a large banana and 100ml of reserved liquid.

Mix the following

100gm Chopped walnuts or Pecans

400gm Mixed dried fruit.

100gm Fine polenta

2tsp mixed spice

2 tsp Baking powder

3 tbs rum (didn't have any so used milk) (Sorry Lyn I forgot!)

Add the liquidised fruit and two egg whites whipped to the soft peak stage. Mix well.

Pack into a 2lb greased loaf tin. It will be very full.

Bake at 180' C or 160'C fan for 1 hr.

Watch carefully as my cake burnt slightly at one end so I turned the heat down for the last 10min.

Test with a skewer.