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Naturally Sweetened Date Bread

Ingredients

- 1 cup(s) dates, pitted and whole, snipped into pieces
- 1 cup(s) raisins
- 1 1/2 cup(s) water, boiling
- 2 cup(s) flour, whole-wheat
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 egg white(s), slightly beaten
- 1 teaspoon vanilla extract
- 1/4 cup(s) nuts, almonds, sliced or chopped

Preparation

1. Combine dates and raisins. Pour boiling water over mixture and cool slightly.
2. Sift flour, baking powder, baking soda, and salt into mixing bowl.
3. Stir egg whites and vanilla into cooled date mixture.
4. Add date mixture and almonds to flour mixture; stir until well blended. (Mixture will be thick).
5. Spread in loaf pan coated with nonstick cooking spray.
6. Bake at 350 degrees F. for 40-50 minutes or until a wooden toothpick inserted comes out clean. Cool in pan for 10 minutes.
7. Remove from pan; cool on wire rack. Cut into 15 slices.