



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://Veterans-For-Change.com)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Date-Nut Bread

Prep Time: 20 mins

Cook Time: 50 mins

Rest Time: 20 mins

Total Time: 1 h 10 mins

Ingredients

- 8 ounce(s) dates, pitted and whole
- 1 1/2 cup(s) boiling water
- 1 cup(s) flour, all-purpose
- 1 cup(s) flour, whole-wheat
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg(s)
- 1 teaspoon vanilla extract
- 1/2 cup(s) nuts, almonds, sliced
- corn syrup, light-colored
- sugar, coarse



Recipe Tip:

Cool overnight.

Preparation

- 1) Place dates in a medium bowl. Pour the boiling water over dates. Let stand about 20 minutes or until dates are softened and mixture has cooled slightly.
- 2) Preheat oven to 350°F. Lightly grease bottom and 1/2 inch up sides of an 8x4x2-inch loaf pan; set aside. In a large bowl, stir together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. In a small bowl, beat the egg and vanilla with a fork; stir into the cooled date mixture. Add date mixture and almonds to flour mixture; stir until well mixed (mixture will be thick).
- 3) Spoon batter evenly into prepared pan. Bake for 50 to 55 minutes or until a toothpick inserted near the center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove from pan. Cool completely on a wire rack. Wrap cooled loaf in plastic wrap and store overnight before slicing. If desired, brush loaf with corn syrup and sprinkle with coarse sugar before slicing.