

CAROB DATE LOAF

(adapted from Natural Lifestyle Magazine, Jan. 2004)

1 cup pitted dates, cut up
1 1/2 tsp. baking soda
1/2 tsp. salt
1/4 c. carob powder
6 Tbsp. butter
3/4 c. boiling water
1 Tbsp. vanilla
3/4 c. honey (I used 1/2 c. agave nectar)
1 1/4 c. whole wheat flour
2 eggs

Place the dates, baking soda, salt, and carob powder in a mixing bowl. Toss lightly with a fork. Add the butter and boiling water, but do not stir. Let stand 20 minutes.

Preheat the oven to 350F. Combine the eggs and vanilla. Add the honey and flour, stirring until well blended. Add the date mixture, stirring just to blend. Pour into a well-greased 9x5-inch loaf pan. Bake 45 minutes, or until a toothpick inserted comes out clean. Let cool before removing from pan.

Makes 1 loaf.

www.thecooksnextdoor.com