

# Date Nut Bread

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*1 package (6 ounce) dates,  
cut  
1 teaspoon baking soda  
1 cup boiling water  
1 cup sugar  
1 egg, beaten  
1/4 teaspoon salt  
1 teaspoon vanilla  
2 cups flour  
1 teaspoon baking powder  
1/2 cup chopped nut meats*

Preheat the oven to 375 degrees.

In a bowl, place the dates and baking soda. Pour the boiling water over the top. Allow to cool.

Add the sugar, egg, salt, vanilla, flour, baking powder and chopped dates. Mix well.

Pour the batter into a greased loaf pan.

Bake for one hour.

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Per Serving (excluding unknown items): 1796 Calories; 7g Fat (3.7% calories from fat); 32g Protein; 399g Carbohydrate; 8g Dietary Fiber; 212mg Cholesterol; 2363mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 1/2 Fruit; 1/2 Fat; 13 1/2 Other Carbohydrates.