

Moms Date Nut Bread

Sally Ellston

The Church of St. Michael and St. George - St. Louis, MO - 1980

*3 cups flour
4 teaspoons baking powder
1 teaspoon salt
1/2 cup sugar
1 teaspoon cinnamon
3/4 cup chopped pecans
1 cup chopped dates
1 egg, beaten
1 1/2 cups milk*

Preheat the oven to 350 degrees.

In a bowl, sift the flour, baking powder, salt, sugar and cinnamon. Add the dates and nuts. Mix well.

Add the egg and milk. Stir well. Pour into a greased and floured loaf pan. Cover and let stand for 30 minutes.

Bake for one hour.

(Delicious when spread with cream cheese.)

Per Serving (excluding unknown items): 3151 Calories; 82g Fat (22.8% calories from fat); 68g Protein; 557g Carbohydrate; 32g Dietary Fiber; 262mg Cholesterol; 4347mg Sodium. Exchanges: 20 Grain(Starch); 1 Lean Meat; 8 1/2 Fruit; 1 1/2 Non-Fat Milk; 14 1/2 Fat; 7 Other Carbohydrates.