

Shirleys Date and Nut Bread

Shirley St. John

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 egg, beaten
1 cup sugar
3/4 cup boiled water
1 layer chopped dates
2 cups flour
1/2 teaspoon salt
1 teaspoon baking soda
1/2 stick margarine
3/4 cup chopped walnuts*

Preheat the oven to 350 degrees.

Cover the dates with the boiling water. Add the margarine. Cover the pot and let stand for one hour.

Add the egg, sugar, flour, salt, baking soda and walnuts. Mix well.

Pour into a 4-1/2 x 12-1/4 inch loaf pan.

Bake for one hour.

Serve with cream cheese.

Per Serving (excluding unknown items): 3223 Calories; 107g Fat (28.8% calories from fat); 59g Protein; 534g Carbohydrate; 25g Dietary Fiber; 212mg Cholesterol; 2941mg Sodium. Exchanges: 13 1/2 Grain(Starch); 3 1/2 Lean Meat; 8 1/2 Fruit; 18 1/2 Fat; 13 1/2 Other Carbohydrates.