

---

# Date and Nut Bread II

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

**1 tablespoon butter**  
**1 scant cup sugar**  
**2 eggs, well beaten**  
**2 cups flour**  
**1 teaspoon salt**  
**1 teaspoon baking powder**  
**1 teaspoon baking soda**  
**1 cup boiling water**  
**1 cup dates, chopped**  
**1 cup nuts, chopped**

In a bowl, cream the butter and sugar. Add the well-beaten eggs, flour, salt and baking powder. Mix well.

In a bowl, dissolve one teaspoon of baking soda in one cup of boiling water. Pour the mixture over the chopped dates and nuts. Stir well. add to the flour mixture. Pour into a greased loaf pan.

Bake for 30 minutes at 400 degrees. Then lower the oven temperature to 300 degrees. Bake another 20 to 30 minutes.

(Serve with a meal, or slice it, spread with thinned cream cheese and serve as a appetizer.)

Yield: 1 loaf

## **Breads, Muffins**

---

*Per Serving (excluding unknown items): 3299 Calories; 104g Fat (27.5% calories from fat); 66g Protein; 553g Carbohydrate; 35g Dietary Fiber; 455mg Cholesterol; 4170mg Sodium. Exchanges: 14 1/2 Grain(Starch); 4 Lean Meat; 8 1/2 Fruit; 17 1/2 Fat; 13 1/2 Other Carbohydrates.*