

## **Banana, Date & Walnut Cake (sugarless)**

Bake at 180 C or Gas mark 4 for 35 minutes.

16 portions @ 175 calories.

### **Ingredients**

3 bananas  
110g dates  
100g butter  
225g whole-wheat flour  
3 tsp baking powder  
1 tsp ginger  
1 tsp mixed spice  
 $\frac{1}{2}$  tsp salt  
50g chopped walnuts  
2 eggs

### **Method**

- Chop bananas in food processor.
- Soak dates in 100 mls water for a few minutes.
- Add to food processor and chop.
- Add butter and blend.
- Add flour, baking powder and spices. Pulse.
- Add chopped walnuts and eggs. Pulse until blended.

Transfer to 8-inch square enamel tin (greased and lightly floured)

Bake in preheated oven 180 Centigrade or Gas Mark 4 for approximately 35 minutes.

Remove from oven and allow to cool for approx. 10 minutes then cut into 16 squares.

This makes 16 portions of 175 calories each.

It can be frozen well. It is good to slice through the middle and heat through on a hot griddle pan. If served with fresh fruit and yoghurt it makes a wholesome breakfast meal.