

Date, Apple and Walnut Loaf

“A very easy and deliciously wholesome cake – which I particularly like to make for a picnic or a packed lunch.”

4 oz (110g) Soft margarine
6 oz (175g) Soft brown sugar
2 Eggs, lightly beaten
4 oz (110g) Wholewheat flour
4 oz (110g) Plain flour
A pinch of salt
1½ teaspoons baking powder
1 small cooking apple, peeled, cored and roughly chopped
4 oz (110g) Walnuts, roughly chopped
3 oz (75g) Pitted dates, roughly chopped
3 or 4 tablespoons milk

Preheat the oven to 180°C/gas mark 4/350°F.

A loaf tin with base measurements of 3½ x 7½ inches (9 x 19 cm), well-buttered.

Put the margarine, sugar, egg, flours, salt and baking powder into a large mixing bowl (sifting the flours in), then whisk them together with an electric hand whisk until thoroughly combined. Next add the apple, followed by the walnuts and pitted dates. Finally add the milk, then mix it all well before transferring the mixture to the prepared tin. Spread it out evenly, then bake for one hour or until the loaf feels springy in the centre and a skewer inserted in the middle comes out clean.

Let the cake cool for a minute or two in the tin, then turn it out onto a wire tray. Store in an airtight tin as soon as cold.



Fun Dog Show

This will include the following classes:-

1. Best junior handler
2. The dog with the most appealing eyes
3. The most obedient dog.