



Walnut,Date & Honey Cake

Work time 15mins. Cook time 1 hour to 1hour 10 minutes.

225g/ 8oz Self-raising flour
½ tsp ground cinnamon
175g/6oz softened butter
100g/4oz light muscovado sugar
3 tbsp clear honey
2 eggs, beaten
2 medium, ripe bananas, about 250g/9oz
total weight in their skins.
100g/4oz stoned dates
50g pack of walnut pieces

- 1 Preheat the oven to 160 C / Gas 3 Fan oven 140 C. Line the base and long sides of a 900g/2lb loaf tin with greaseproof paper, buttering the tin and paper.
- 2 Tip the flour,cinnamon,butter,sugar, 2 tablespoons of honey and the eggs into a large mixing bowl. Mash the bananas and chop the dates and add to the bowl. Beat the mixture for 2-3 minutes, using a wooden spoon or hand held mixer, until well blended.
- 3 Spoon into the prepared tin and level the top. Scatter the walnut pieces over. Bake for 1 hour then lightly press the top – it will feel firm if cooked. If not, bake for a further 10minutes.
- 4 Cool for 15minutes, then lift out of the tin using the paper. When cold, drizzle the remaining honey over. Cut into thick slices.