

Pumpkin & date loaf



→ FAMILY FOOD PATCH



PUMPKIN & DATE LOAF



Loaf slices can
be frozen



Prep time: 10mins
+ 75mins cooking

What you need

1 cup pumpkin, cooked and mashed

½ cup brown sugar

1 tsp vanilla extract

¼ cup vegetable oil

1 ½ cup wholemeal self raising flour

1 tsp ground ginger

1 tsp cinnamon

½ cup dates, chopped

1 large apple, washed and grated
(skin left on)

How to make

1. Preheat oven to 180°C. Line a loaf pan with baking paper or spray with oil.
2. In a mixing bowl, mix together the mashed pumpkin, sugar, vanilla and oil.
3. Add the flour and spices. Stir to combine.
4. Fold in the chopped dates and grated apple.
5. Transfer to loaf pan and cook for 50–60min until an inserted skewer comes out clean.
6. Let cool for 10min in loaf pan before transferring to wire rack.