

Ingredients

Serves 12 or 48

	12 serves	48 serves
Weetbix, crushed	4	16
Sugar	½ cup	2 cups
Dates, chopped	1 cup	4 cups
Bicarbonate soda	1 tsp	4 tsp
Boiling water	1 cup (250ml)	4 cups (1L)
Wholemeal self-raising flour	1 cup	4 cups
Eggs, lightly beaten	2	8



Method

1. Preheat oven to 180°C and grease a loaf tin (23 x 13 x 7cm) with spray oil. Grease 4x loaf tins for 48 serves.
2. In a large bowl, place crushed Weetbix, sugar, dates and bicarbonate soda. Pour over boiling water, mix with a spoon and set aside for 5 minutes.
3. Add the flour and eggs and mix well.
4. Pour mixture into loaf tin and bake for 30-40 minutes or until the loaf is golden and cooked through.
5. Leave to cool for 5-10 minutes before removing from the tin. Slice and serve warm or cooled with margarine or butter.

Nutrition, hints and tips

- *This recipe is high in dietary fibre from the Weetbix, dates and wholemeal flour. Fibre helps to keep the gastrointestinal system working regularly and prevent constipation.*
- *To boost the protein content of this loaf, try adding some neutral or vanilla flavoured nutritional supplement powder to the mixture.*
- *Serve high protein toppings alongside e.g. cottage cheese, ricotta cheese or Greek yoghurt drizzled with honey.*
- *If you don't have any wholemeal self-raising flour on hand, regular self-raising flour works just as well.*
- *This recipe could be served at morning and afternoon tea or as a light breakfast option for somebody who doesn't enjoy cereal or toast. Add a serve of dairy by serving with a glass of milk or a tub of yoghurt.*
- *Additional ingredients such as walnuts, sultanas or choc chips could be added to this recipe for variety.*