Walnut, date and honey cake

**Ingredients:**

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| 225g  ½ tsp  175g  100g  3 tbsp  2  2  100g  50g | Self-raising flour  Ground cinnamon  Softened butter  Light muscovado sugar  Clear honey  Eggs  Ripe bananas  Chopped Dates  Chopped Walnuts |

**Method:**

* + Preheat an oven to 160C and grease a 2lb loaf tin



* + In a large bowl mix in the flour, cinnamon, butter, honey and eggs.



* + Then to the bowl mash in the bananas and dates and mix for 3 minutes either using a blender or a wooden spoon.
  + Spoon the mixture into the loaf tin and cover with pieces of walnut.
  + Bake for 1 hour until the cake feels firm. Leave to cool for 15 minutes before serving with a cuppa 😊



Please remember to send in your photos of you cooking the recipe and the finished product. Send pictures in to [alanrtilley@mail.com](mailto:alanrtilley@mail.com) or text them across to 07817777739