

## Egg Free Date and Walnut Cake

Written by Carol Sequeira Pereira

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Original Recipe Source: [&nbsp;here](#)

My Adapted version:( I found the original recipe a bit too sweet so toned it down to suit me)

### Ingredients:

Dates: 18 nos                      Milk: 3/4 cup  
Sugar: 1/2 cup  
All purpose flour or maida: 1 cup                      Sunflower oil: 1/2 cup  
Baking soda: 1 tsp  
Walnuts: 5-6 whole chopped. a few to decorate.

### Method:

1. Soak the whole dates in warm milk overnight in a covered vessel. Remove the seeds. Add sugar and grind them to a smooth paste along with the milk in which it is soaked in. Add oil and mix.                      Note: If using seedless dates heat milk and dates for few minutes on a stove top or nuke in a microwave to soften them.                      2. Preheat the oven to 350F/ 180C.  
Lightly dust a 23 cms round baking tin, or line a regular tin with baking paper ( I used lightly greased foil as I ran out of BP). Keep aside.

3. Sieve together flour and baking soda. Fold in the flour one table spoon at a time into the dates mixture. Lastly add the nuts and gently mix.

3. Pour the cake batter into the baking tin, level the mixture.

3. Place on a rack in the centre of oven and bake at 180C/ 350F for 35-40min (or till a wooden toothpick inserted into the centre of the cake comes out clean, or cake leaves the side of the tin). You will know when the cake is done as the aroma of the baked dates and walnuts will waft through your home and get all those tummies rumbling.

Let the cake cool down completely before slicing. Enjoy on its own or with a scoop of your favourite vanilla icecream . Store the remaining cake in an airtight box. Make sure you double or triple the quantity to share the love.....:)

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Recipe:

<http://ticklemysenses.blogspot.co.uk/2012/04/egg-free-date-and-walnut-cake.html>