

# BOREDOM BUSTERS

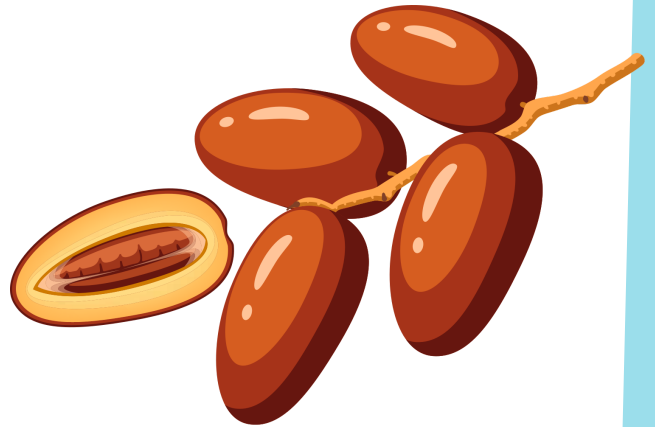


## WEETBIX DATE LOAF

An easy one-bowl sweet loaf that's high in fibre  
Makes 1 loaf | Preparation time 10 minutes | Cooking time 40-50 minutes

### INGREDIENTS:

- 4 Weetbix, crushed
- 1/3 cup brown sugar
- 1 cup dates, pitted and chopped
- 1 teaspoon bicarbonate soda
- 1 cup boiling water
- 1 cup wholemeal self-raising flour
- 2 eggs



### METHOD:

1. Pre-heat oven to 180°C or 170°C fan-forced.
2. Lightly grease a loaf tin then line with baking paper.
3. In a large bowl, combine Weetbix, sugar, dates and bicarbonate soda.
4. Cover with boiling water and stir well. Let mixture sit for 5 minutes.
5. Add flour and eggs and mix well until combined.
6. Pour mixture into loaf tin and bake for 40-50 minutes or until a skewer comes out clean.
7. Cool in loaf tin for 10 minutes then move to a cooling rack to cool completely.

### TIPS, VARIATIONS AND STORAGE:

- A great way to use leftover Weetbix
- Serve warm or at room temperature
- Try other dried fruits instead of dates
- Use black or chai tea instead of boiling water for extra flavour
- Store in the fridge for up to five days
- Freeze in individual slices and thaw as needed

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PICK

Recipe adapted from [www.frugalandthriving.com.au](http://www.frugalandthriving.com.au)