

# Healthy Date Bread

with no added Sugar and no Fat

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## INGREDIENTS

- 200g pitted dates + 1/2tsp bicarbonate of soda + 500ml boiling water
- 1 ripe banana
- 150g of natural Greek yogurt
- 2 eggs
- 150g flour
- 100g almond meal
- 1/2tsp bicarbonate of soda

## DIRECTIONS

1. Add the dates into a medium bowl, sprinkle over half a teaspoon of bicarbonate of soda and the hot water. Cover with a plate and leave aside for 30 minutes.
2. Then strain the water from the dates, add the banana and blend them with an immersion blender.
3. Add the yogurt and mix well.
4. Then add the eggs and mix well until combined.
5. Combine the dry ingredients and add them to the wet ingredients. Fold in until combined.
6. Then butter a 23x13cm bread pan and pour the bread mix into the pan.
7. Bake the date bread in 180°C at the middle shelf of the oven for 50-60 minutes. Check with a toothpick if the bread is baked through.
8. Remove from the oven and let cool for about half an hour before removing from the tin.
9. Serve chilled or cool as such or with a topping of your choice (serving suggestions on the website).