

Date & Rooibos Loaf

Ingredients

- 240ml (1 cup) boiling water
- 2 rooibos teabags
- 140g (1 cup) pitted and roughly chopped dates
- 1 teaspoon baking soda
- 75g ($\frac{1}{3}$ cup) butter
- 225g ($1\frac{3}{4}$ cups) all-purpose flour
- $\frac{1}{4}$ teaspoon salt
- 125g ($\frac{1}{2}$ cup + 1 tablespoon) brown sugar
- 10g (2 teaspoons) baking powder
- $\frac{1}{2}$ teaspoon cinnamon
- 1 egg
- 1 teaspoon vanilla bean paste

Preparation

1. Preheat the oven to 180°C (350°F)
2. Spray a 900g (2 pound) loaf tin with baking spray and line with parchment paper
3. Pour the boiling water into a small bowl, add the teabags, and steep for 5 minutes. Discard the teabags.
4. Place the dates in a large bowl, pour in the tea and stir in the baking soda and the butter until fully melted, leaving the dates to soften in the liquid for 10 minutes.
5. In a medium bowl, sift together the flour, salt, sugar, baking powder, and cinnamon; set aside,
6. Once the dates have softened, whisk in the egg and then stir in the vanilla and dry ingredients, making sure you don't have any lumps of flour hiding at the bottom.
7. Pour into the prepared pan and bake for 40-45 minutes, or until a cake tester comes out clean.
8. Allow the cake to cool for 10 minutes in the pan before turning it out onto a wire rack to cool completely.
9. Serve with a good spread of butter, if desired.