

Spiced Pear Cake

Per Serving

Serves 8

Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
292	8	51	4	0.8

Ingredients...

200g dates
 250ml milk ★
 100ml water
 1 tsp bicarbonate of soda
 115g margarine ★
 115g soft brown sugar
 200g self-raising flour
 1 tsp ground ginger
 1 tsp ground cinnamon
 ½ tsp ground nutmeg
 3 pears

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Method...

1. Preheat the oven to 190°C/170°C Fan/Gas 5 and line a 20cm square shallow cake tin with greaseproof paper.
2. Chop the dates and put them in a small saucepan with the milk and water. Bring to a simmer until the dates are soft.
3. Take off the heat and stir in the bicarbonate of soda – this may froth a little. Set aside to cool.
4. Beat together the margarine and sugar until pale and creamy, add the cooled date mixture and stir through evenly.
5. Sieve the flour and spices, and fold into the mixture. Scrape the mixture into the cake tin.
6. Cut the pears into quarters and nestle them into the cake mixture in the tin – the pears should be evenly spaced.
7. Bake in the preheated oven for 30-35 minutes or until an inserted skewer comes out clean. Remove from the oven and allow to cool slightly before serving.

