

## Date & Honey Cake

This makes two 9x 5 inch loaf pan or two 23x13 cm loaf pans

1 cup pitted dates ( 146 grams)

1/4 cup dried cranberries (36 grams)

1 1/4 cups strong brewed (2 tea bags) black tea (300 ml)

1/2 cup oil (118 ml)

1 cup honey (236 ml) (raw honey if you can get it)

3 cups (375 grams) all purpose flour

1 cup brown sugar (200 grams)

1/2 teaspoon salt

2 teaspoons cinnamon

1 teaspoon ground ginger

1 teaspoon baking soda

2 teaspoons baking powder

Directions:

Prepare the loaf pans by oil spraying and parchment paper lining them (it sticks to oil and hugs the pan). Preheat the oven to 325 F/165 C - very very important not to heat to a higher temp or your cake is likely to burn before it's cooked through. Honey needs a lower temp.

Place the pitted dates and craisins (or raisins if you prefer) in a blender (or use a stick blender in a deep container) and pour the hot tea over them and cover. Set aside.

In a mixing bowl place the flour, brown sugar, salt, cinnamon, ground ginger, baking soda and baking powder. Stir together till combined.

Back to the tea/date mixture. Add the oil and in the same cup afterwards measure the honey (so it doesn't stick) and lastly the eggs. Blend all together till mostly smooth. Pour the liquid mixture over the dry and beat till combined with no flour pockets remaining (scrape with spatula to be sure) and divide evenly between the two prepared pans.

Bake between 45-55 minutes or till baked throughout and wooden toothpick comes out clean. Let cool completely in pans preferably on wire rack. When cool, peel off parchment paper and either wrap in foil or ziploc bags. It's actually better to let sit for a day or two to ripen (intensify flavor and betters texture). Freezes excellently well.