



Whole-wheat Date Nut Bread

(makes one loaf)

canola cooking spray
1 1/2 cups hot water
1 cup pitted dates, chopped
1 large egg
2 Tbsp canola oil
1 tsp pure vanilla extract
1 cup all-purpose flour
1 cup whole-wheat flour
1 tsp baking soda
3/4 tsp coarse salt
1 cup pecans, chopped
3/4 cup brown sugar
Neufchatel cheese-for serving

1. Preheat oven to 350. Coat a 9x5 inch loaf pan with canola oil spray. In a medium bowl, pour hot water over dates and let stand until slightly softened (about 5 minutes). Wisk in egg, oil, and vanilla. In another bowl, stir together flours, baking soda, salt, pecans, and brown sugar. Fold wet mixture into dry until just combined. Pour batter into prepared pan and smooth top with spatula.

2. Bake about 1 hour or until a tester inserted in the middle of the loaf comes out clean. Let rest 10 minutes. Turn out from pan onto a cooling rack. Once cool serve with Neufchatel cheese.

Per serving: 196 cal; 8 g fat (1 g sat fat), 13 mg chol; 31 g carbs; 140mg sodium; 3 g protein; 2 g fiber

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