

# DATE PUDDING.

## INGREDIENTS:

½ cup cooking fat ( *you can use butter or margarine* )

1 cup wholewheat flour

6ozs ( 150g ) chopped stoned dates

1 cup milk

1 cup sugar

1 teaspoon bicarbonate soda

Lemon juice substitute

1 cup stale breadcrumbs

## METHOD:

Rub fat into flour, when well blended, add milk, lemon, breadcrumbs, sugar and chopped stoned dates.

Add soda dissolved in a little warm water and mix well.

Put into greased basin and steam for two or three hours.

