

Pecan Walnut Loaf

¾ cup rice flour
1 tsp baking powder (aluminum free)
1 cup whole pitted dates finely chopped
1 cup pecans finely chopped
1 cup chopped walnuts
3 eggs beaten
1/3 cup water

Preheat oven to 350° F

Mix together flour and baking powder. Whisk together eggs and water. Add egg mixture to flour mixture until smooth. Add nuts, thoroughly stirring. Pour mixture into lightly greased 4X8X3 pan. Bake for 35 minutes.

You will find this bread very filling. The dates sweeten this recipe nicely and will curb cravings for sweets and both the dates and pecans may help regulate bowel function.