

Luscious Date, walnut and pistachio squares

This is a bit like a tea bread. It's quite dense and is sweet from the dates, so it's perfect if you fancy something sweet but not too naughty to go with your cup of tea. Try this with a chai tea – it's a match made in heaven.

- 125g Buckwheat flour
- 25g raw cacao powder (or cocoa powder)
- 3 bananas/ mashed. The more ripe they are the sweeter these will taste
- 3 eggs, beaten
- ½ teaspoon vanilla extract (optional)
- 200g pistachios, roughly chopped
- 300g chopped dates
- 200g walnuts, roughly chopped

Pre heat oven to 170°C and either place a baking sheet into a square tin or use a silicone baking case. The silicone baking cases are good because you don't need to grease them so there's no added fat. Put this to one side for use later.

In a large bowl whisk together the eggs and the bananas. Stir in the flour, cacao powder, vanilla, dates and nuts and fold in.

Pour the mixture into the prepared cake tin and bake for approx. 35 mins. Test the cake with a skewer, if the skewer is clean when it comes out then the cake is cooked inside. Leave to cool, then cut into small squares.

