**Microwave wholemeal date cake**

**Ingredients**

**This cake can be made smaller by halving each of the ingredients, if wanted.**

100g (4 oz) margarine

225g (8 oz) self raising wholemeal flour

100g (4 oz) dark soft brown sugar

150g (8 oz) chopped dates

½ teaspoon of ground cinnamon

2 eggs, beaten

75 ml (5 tblsp) milk (approximately)

**Tools**

1.1 litre (2 pint) pyrex casserole or ovenproof straight sided souffle dish

Mixing bowl

Bowl to beat eggs in

Whisk or fork for beating eggs

Wooden spoon for stirring

Small spoon for measuring spice

Greaseproof paper

Rack to cool the cake on

**Recipe**

1. Grease the cooking dish, and line the base with greased greaseproof paper
2. Wash your hands (again!)
3. Rub the margarine into the flour until the mixture looks like breadcrumbs
4. Stir in the ground cinnamon
5. Stir in the sugar and dates
6. Stir in the beaten eggs and enough milk to give a very soft batter – cooking in a microwave oven can leave cakes very dry!
7. Spoon the mixture carefully into the prepared dish
8. Leave to stand for 2 to 3 minutes
9. Microwave on HIGH for 6¼ – 6½ minutes
10. Leave to stand for 10 minutes before turning out
11. Remove greaseproof paper from base, and leave to cool before serving