

## Data-Nut Bread

### Ingredients

1 (8 ounce) package chopped dates; ½ cup chopped pecans; 1 teaspoon baking soda; 1 cup hot water; ¼ cup shortening; 2/3 cup sugar; 1 egg; 2 cups all-purpose flour; ½ teaspoon salt; 1 teaspoon vanilla extract

1. Stir dates, pecans, and soda into hot water; set aside until cool.
2. Cream shortening, gradually add sugar and beat well with mixer.
3. Add egg and beat well. Stir vanilla into this mix.
4. Combine flour and salt. Gradually stir in date/pecan mixture and shortening alternately, until evenly combined.
5. Pour into 2 greased and floured loaf pans. Bake at 350 degrees F. for 1 hour
6. Cool in pans for 10 minutes, then turn out loaves and cool on a wire rack for another 30 minutes. Enjoy!

Recipe for "Data-Nut Bread" and other motivational fare for research teams can be found in Granger B., and Chulay, M. *Research Strategies for Clinicians*,1999, Prentice Hall, pg. 78. Used with permission.

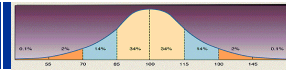
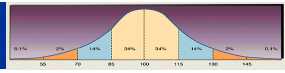
## Data-Nut Bread

### Ingredients

1 (8 ounce) package chopped dates; ½ cup chopped pecans; 1 teaspoon baking soda; 1 cup hot water; ¼ cup shortening; 2/3 cup sugar; 1 egg; 2 cups all-purpose flour; ½ teaspoon salt; 1 teaspoon vanilla extract

1. Stir dates, pecans, and soda into hot water; set aside until cool.
2. Cream shortening, gradually add sugar and beat well with mixer.
3. Add egg and beat well. Stir vanilla into this mix.
4. Combine flour and salt. Gradually stir in date/pecan mixture and shortening alternately, until evenly combined.
5. Pour into 2 greased and floured loaf pans. Bake at 350 degrees F. for 1 hour
6. Cool in pans for 10 minutes, then turn out loaves and cool on a wire rack for another 30 minutes. Enjoy!

Recipe for "Data-Nut Bread" and other motivational fare for research teams can be found in Granger B., and Chulay, M. *Research Strategies for Clinicians*,1999, Prentice Hall, pg. 78. Used with permission.



## Data-Nut Bread

### Ingredients

1 (8 ounce) package chopped dates; ½ cup chopped pecans; 1 teaspoon baking soda; 1 cup hot water; ¼ cup shortening; 2/3 cup sugar; 1 egg; 2 cups all-purpose flour; ½ teaspoon salt; 1 teaspoon vanilla extract

1. Stir dates, pecans, and soda into hot water; set aside until cool.
2. Cream shortening, gradually add sugar and beat well with mixer.
3. Add egg and beat well. Stir vanilla into this mix.
4. Combine flour and salt. Gradually stir in date/pecan mixture and shortening alternately, until evenly combined.
5. Pour into 2 greased and floured loaf pans. Bake at 350 degrees F. for 1 hour
6. Cool in pans for 10 minutes, then turn out loaves and cool on a wire rack for another 30 minutes. Enjoy!

Recipe for "Data-Nut Bread" and other motivational fare for research teams can be found in Granger B., and Chulay, M. *Research Strategies for Clinicians*,1999, Prentice Hall, pg. 78. Used with permission.

## Data-Nut Bread

### Ingredients

1 (8 ounce) package chopped dates; ½ cup chopped pecans; 1 teaspoon baking soda; 1 cup hot water; ¼ cup shortening; 2/3 cup sugar; 1 egg; 2 cups all-purpose flour; ½ teaspoon salt; 1 teaspoon vanilla extract

1. Stir dates, pecans, and soda into hot water; set aside until cool.
2. Cream shortening, gradually add sugar and beat well with mixer.
3. Add egg and beat well. Stir vanilla into this mix.
4. Combine flour and salt. Gradually stir in date/pecan mixture and shortening alternately, until evenly combined.
5. Pour into 2 greased and floured loaf pans. Bake at 350 degrees F. for 1 hour
6. Cool in pans for 10 minutes, then turn out loaves and cool on a wire rack for another 30 minutes. Enjoy!

Recipe for "Data-Nut Bread" and other motivational fare for research teams can be found in Granger B., and Chulay, M. *Research Strategies for Clinicians*,1999, Prentice Hall, pg. 78. Used with permission.