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Lap Seal A

75mm

25mm

Best Before

DOVES FARM ORGANIC

DOVES FARM ORGANIC

Organic works with nature and helps protect our planet. Its high standards encourage healthy soil and habitats, so bees, birds, butterflies and other wildlife can flourish. That's why we've been pioneers of organic since 1978.

We also love home baking and believe it is a great choice for our health and wellbeing. Not only can you pick the best tea at and seasonal ingredients and know exactly what goes into your food, it is an enjoyable activity and a great way to treat family and friends.

Clare & Michael
Founders, Doves Farm

— ORGANIC —

Very fine, stoneground organic flour with raising agents for light and airy wholemeal cakes.

SELF RAISING
WHOLEMEAL FLOUR

DOVES FARM est 1978

DOVES FARM

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— ORGANIC —

ORGANIC **Self Raising Wholemeal** Flour

NUTRITION

Typical values	Per 100g
Energy	1395kJ 330kcal
Fat	2.7g
of which saturates	0.4g
Carbohydrate	64g
of which sugars	0.6g
Fibre	11g
Protein	9.0g
Salt	0.04g

Ingredients: wheat*, raising agents (mono-calcium phosphate, sodium bicarbonate).
Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold.** May contain traces of **barley, rye.**
*Organic produce.
Milled in the UK with EU & non-EU wheat.
Best before: see top.
Storage: roll down the top after use and store in a cool dry place.
Packaging material: paper.
Always cook flour before consumption.

1Kg e v2

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Lap Seal B

Allergy Advice Line

Try this Organic Self Raising Wholemeal Flour in our recipe for date and walnut cake, a classic comfort cake which makes a great teatime treat.

WHOLEMEAL DATE AND WALNUT CAKE

180°C, Fan 160°C, 350°F, Gas 4

200g	Stoned dates
150ml	Water
½ tsp	Bicarbonate of soda
3	Eggs
100g	Brown sugar
100g	Sunflower oil
200g	Doves Farm Organic Self Raising Wholemeal Flour
50g	Chopped walnuts
	Oil, for tin

Find more than 200 delicious recipes at dovesfarm.co.uk

1. Rub some oil around the inside of a 20cm/8" round deep, loose bottom cake tin or insert a baking liner.
2. Put the dates and water into a saucepan and bring slowly to the boil. **3.** Remove from the heat, stir in the bicarbonate of soda and leave to cool. **4.** Break the eggs into a mixing bowl, add the sugar and beat together until light and airy.
5. Mix in the oil followed by the self raising flour.
6. Break the walnuts into small pieces, reserve a tablespoon for later and add the rest to the mixing bowl.
7. Add the prepared dates and mix everything together.
8. Tip the mixture into your prepared cake tin and smooth the top.
9. Sprinkle the reserved chopped walnuts over the top.
10. Bake for 55-60 minutes. **11.** Allow to cool in the tin for 20 minutes before turning out onto a wire rack.

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