

Food for the Body, Food for the Soul

Family Favorite Recipes from the St. Lad's Faith Community

*Our Dear Heavenly Father, we thank You for this food.
Feed our souls on the bread of life and
help us to do our part in kind words and loving deeds.
We ask in Jesus' name. Amen.*

Date Nut Squares

From the kitchen of Deb Cabal

1 1/2 c flour
1/2 tsp baking powder
1/4 tsp salt
1/2 c. margarine (not low-fat)
1/2 c sugar
1 egg
1 c. nuts, chopped (walnuts work well)
1 c. dates, chopped (I use Dole chopped dates in an 8 oz. bag)

Mix well and put in 8x8 pan which has been sprayed with no-stick spray. Bake at 325 degrees for 30 minutes. Cool and cut into squares.