

# Bran, Nut & Seed Rusks



THESE VERY CRISPY AND CRUNCHY BITES ARE FULL OF ALL THINGS HEALTHY! BEST ENJOYED DUNKED IN YOUR FAVOURITE CUP OF TEA OR COFFEE.

## INGREDIENTS

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- 1 kg (7 cups) cake flour
- 40 ml baking powder
- 7 ml (1¼ tsp) salt
- 200 g (4 cups) digestive bran
- 50 g (½ cup) raw almonds, coarsely chopped
- 150 g (250 ml) sunflower seeds
- 40 g (¼ cup) sesame seeds
- 40 g (¼ cup) poppy seeds
- 25 g (2 Tbsp) linseeds
- 250 ml (1 cup) [Spur Salad & French Fry Dressing](#)
- 400 g butter or margarine
- 800 ml milk
- 300 g (1½ cups) light brown sugar
- 2 extra-large eggs



## METHOD

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1. Sift flour, baking powder and salt together. Add the bran, almonds and seeds.
2. Melt the butter and sugar. Whisk the **Spur Salad & French Fry Dressing**, milk and eggs and add, alternately with the melted butter to dry ingredients. Mix well.
3. Turn out into three greased 23 cm loaf pans. Bake in a preheated oven at 180 °C for about 50 minutes, or until done. Leave in pans for a few minutes to cool. Turn out onto wire racks to cool completely.



4. Cut each loaf into 8 - 10 thick slices and then divide each slice into three again (an electric carving knife works well to prevent breaking).
5. Dry out in a cool oven at about 70 °C for 6 - 8 hours, or overnight. Store in an airtight container.

## VARIATIONS

1. As alternative to loaf pans, bake in a greased oven pan of about 24 x 34 cm.
2. Substitute the digestive bran with 150 g All-Bran flakes.
3. Substitute the almonds with any other nuts of choice.
4. Substitute seeds with any other seeds of choice, such as pumpkin seeds.
5. For seed rusks, simply omit the bran. Add 60 ml (¼ cup) lemon juice and 30 ml (2 Tbsp) grated lemon rind for a citrus flavour.