

# Crunchy seed and bran loaf



A DELICIOUS PANTRY STAPLE CRAMMED FULL OF HEART-HEALTHY GRAINS AND SEEDS. SIMPLY SLICE AND SERVE.

## INGREDIENTS

- 375 ml (1½ cups) **cake flour**
- 375 ml (1½ cups) **wholewheat flour**
- 15 ml (1 Tbsp) **baking powder**
- 2 ml (¼ tsp) **Spur Seasoning Salt**
- 125 ml (½ cup) light **brown sugar**
- 125 ml ½ cup) **desiccated coconut**
- 60 ml (¼ cup) **pumpkin seeds**
- 60 ml (¼ cup) **sunflower seeds**
- 75 g seedless **raisins** or **sultanas**
- 2 extra-large **eggs**
- 125 ml (½ cup) **Spur Salad & French Fry Dressing**
- 300 ml **milk**
- 60 ml (¼ cup) **cooking oil**
- Extra **pumpkin seeds, sunflower seeds** and **poppy seeds**, for sprinkling on top



## METHOD

1. Sift flours and baking powder together and add bran left behind in sieve after sifting. Add remaining



dry ingredients and mix lightly.

2. Whisk eggs, **Spur Salad & French Fry Dressing**, milk and oil together and add to the dry ingredients. Mix well and turn out into a greased 22.5 cm loaf pan. Sprinkle with extra seeds for topping.
3. Bake in a preheated oven at 180°C for 40-50 minutes. Leave in the pan for a few minutes before turning out onto a wire rack to cool completely.
4. Use slices for sandwiches, filled or topped with lettuce, ham, cheese and garnish of choice.

## COOKING TIP

1. If you prefer a more savoury flavoured bread, substitute raisins with 50 g chopped sun-dried tomatoes or chopped olives.