



CRUNCHY SEED AND BRAN LOAF

HEAT LEVEL 

Savor the wholesome goodness of our Crunchy Seed and Bran Loaf - a delightful blend of crunchy seeds and nourishing bran, baked to perfection for a satisfying and nutritious treat.

1 Hour 10 Mins

6 Servings

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.

VARIATIONS

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

