

# Fruity Bran Rusks



AS HEALTHY AND DELICIOUS AS YOU CAN GET! PLAY AROUND AND ALSO USE INGREDIENTS OF YOUR CHOICE.

## INGREDIENTS

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- 1 kg (7 cups) cake flour
- 40 ml baking powder
- 7 ml (1¼ tsp) salt
- 150 g (3 cups) All-Bran flakes, slightly crushed
- 150 g (1 cup) seedless raisins
- 120 g (¾ cup) dried cranberries, coarsely cut
- 80 g (250 ml) desiccated coconut
- 400 g butter or margarine
- 150 g (¾ cup) sticky dark brown sugar
- 250 ml (1 cup) [Spur Salad & French Fry Dressing](#)
- 625 ml (2½ cups) ml milk
- 2 extra-large eggs



## METHOD

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1. Sift flour, baking powder and salt together. Add the bran, raisins, cranberries and coconut.
2. Melt the butter and sugar. Whisk the Spur salad 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 eight to ten 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 All-Bran flakes with 150 g digestive bran.
3. Substitute the dried cranberries with dried apricots.
4. Substitute the sticky dark brown sugar with light brown sugar.
5. Substitute the coconut with any nuts or seeds of choice.