



# BRAN, NUT & SEED RUSKS

HEAT LEVEL 

Enjoy the wholesome goodness of our Bran, Nut & Seed Rusks- a hearty blend of bran, nuts, and seeds baked to perfection for a satisfying and nutritious treat.

15 Mins

90 Servings

## INGREDIENTS

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

- 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.

