

# HEALTH RUSKS



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1 kg + 1 cup self rising flour (don't sift the flour)

1 1/2 teas. salt

6 teas. baking powder

2 cup muesli with nuts (chop the nuts fine)

2 cup bran

1 cup fine coconut

1 cup oats

1 cup sunflower seeds

1 cup wheatbix crushed

Mix all the ingredients above in a large mixing bowl.

Melt...500 gm rama margarine in the microwave and add the following:....

50 ml oil

500 ml buttermilk

2 cup sugar

2 eggs

Mix well.

Mix the wet mixture into the dry mixture...mix well.

Divide into 2 oven pans..press dough down flat and level.  
Slice into rusk sizes before

baking – Bake in 160 or 170 C oven for 1 hour. Remove and slice through again.

Break up and put the rusks on the oven racks to dry out for  
+/- 6hrs @ +/- 110C

Wilna Dorfling – Hilda Steyn