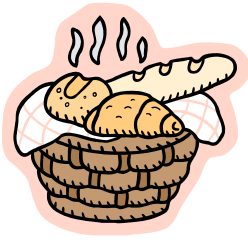


Healthy Brown Bread



Ingredients:

3 Cups Stoneground wholemeal Flour
1 Cup Wheatgerm
1 Cup Flahavan's Porridge
1 Cup Oat Bran
1 Cup Pinhead Oatmeal
3 Level teaspoons Bread Soda
2 Tables Extra Virgin Olive Oil
Organic Milk

Method:

- Mix all dry ingredients in a large bowl.
- Mix buttermilk and oil together and add to the dry ingredients
- The mix should be very wet
- Beat egg and add oil and butter milk to beaten egg. Stir it together.
- Spoon this mixture into two greased loaf tin and bake in preheated oven for 40-45 mins at 180°.
- Bake in a preheated oven at 200°C for 45 to 60 mins in total. Cut back to 175° after approx. 30 mins.
- Check with a skewer, which should be clean.
- The mix makes two loaves