

## “Economical” rusk

This delicious recipe has been in our family for many years and timeously more ingredients were added. The name of this rusk was given since the only liquid used was water. I remember as a child enjoying this treat with only the basics added. Since then I have included seeds and cranberries which gives extra texture and flavour. Definitely not economical anymore as cream and double cream yogurt were also added. Regardless of all the additions, this recipe will always bring happy memories of family and childhood – Anné-Lize

### Ingredients

600 g whole wheat flour  
480 g cake flour  
375 g Treacle sugar  
315 g All Bran, finely crushed with rolling pin  
240 g oats  
75 ml baking powder  
12,5 ml bicarbonate of soda  
10 ml salt  
625 g butter, melted  
40 ml white vinegar  
1½ cup raisins/sultanas/cranberries  
1 cup sunflower seeds  
1 cup flax seeds  
1 cup water  
1 cup full cream  
1 cup Amasi or double cream yogurt



Preheat oven to 180 °C

Mix all the ingredients together except for the butter, vinegar and water.

Mix the melted butter, vinegar and water together and add to the rest of the ingredients.

Cut your dough into the size you would like and bake for 45 – 60 minutes until golden brown.

Remove your rusk and dry the rusk at a low temperature for 2 hours.