



AB's Honey and Bran Bread

The honey, nuts and figs give a flavour burst to the bread

PREP TIME: 15 MIN

COOK TIME: 1 HOUR

INGREDIENTS

- 1/4 cup butter
- 1/4 cup brown sugar
- 1 egg
- 1/2 cup Rainforest honey
- 1 1/2 cups milk
- 2 cups Self raising flour
- 2 cups bran (or wheatmeal) flour
- 1/4 teaspoon baking soda
- 1 teaspoon salt
- 1/2 cup chopped nuts (pecan/walnut)
- 1/2 cup chopped figs (dried)

DIRECTIONS

1. Preheat oven to 180 degrees.
2. Cream the butter and brown sugar thoroughly.
3. Add egg and beat well
4. Add honey, milk and the bran flour. Mix well
5. Sift the white flour with soda and salt. Add this to first mixture with chopped nuts and figs, stirring only until flour disappears. Don't overmix.
6. Turn into greased loaf pan and bake in a moderate oven for about 1 hour



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