



Gran's Brown Bread

ADAM BARRY

ingredients

- 450g coarse wholemeal flour
- 1 tblsp bran
- 1tblsp wheatgerm
- 1 tblsp of as many different kinds of seed as you like
- 1 tsp brown sugar
- 1 tsp salt
- 1 tsp bread soda
- 450ml buttermilk
- 1 egg (optional)
- 2 tblsp vegetable oil

directions

Preheat oven to 200°C.

Brush a loaf tin well with oil or line it with butter wrappers.

Mix all the dry ingredients.

Add oil, egg (if using) and buttermilk and mix well.

Spoon into the tin and level the surface.

Bake for 45-50 minutes.

Remove from the tin and put back in the oven, upside down, for another 5-10 minutes until it looks cooked and sounds hollow when tapped.

Cool on a wire rack, then slice and enjoy with lots of butter!

TIME: 60 MINUTES

PORTIONS: 1 LOAF