

# GRANNY SOLLY'S HEALTH RUSKS

## DRY INGREDIENTS – ALL MIXED IN BIG BOWL. ( 1 TO 8 )

1. 3 CUPS CAKE FLOUR
2. 2 CUPS NUTTY WHEAT
3. 1 CUP JUNGLE OATS
4. 2 CUPS WHEAT BRAN
5. 2 CUPS WHITE SUGAR
6. 2 CUPS MADE UP FROM THE FOLLOWING MIX:-
  - COCONUT FLAKES BROKEN FINELY, FLAXSEED(LINSEED), SESAME SEED, AND SUNFLOWER SEED , OR WHAT YOU HAVE. DOESN'T MATTER.
  - TOP UP TO 2 CUPS WITH SQUASHED ALL BRAN FLAKES. ( THE CEREAL YOU NUTHEAD, OR JUNGLE OATS IF YOU DON'T HAVE )
7. 50 ML OF BAKING POWDER
8. ½ TEASPOON OF SALT. GOOD FOR YOUR HEART.

## WET INGREDIENTS

1. 4 EGGS BEATEN
2. 500 GRAMS STORK BAKE MARGARINE MELTED IN MICROWAVE
3. 2 CUPS MILK

## DO AS SUCH !!!

1. MIX MELTED MARGARINE WITH MILK SO USE CONTAINER FOR MELTING THAT CAN TAKE BOTH.
2. ADD THIS TO DRY INGREDIENTS. MIX A BIT. ADD BEATEN EGGS. MIX MORE BUT NOT TOO MUCH OTHERWISE BAKING POWDER OVER-REACTS.
3. I HOPE YOU HAVE ALREADY WARMED UP THE OVEN TO 180 DEGREES. IF NOT DO SO NOW. TAKE TWO BAKING PANS AND RUB WITH MARGARINE'S PAPER WRAPPING. SO THAT IT DOESN'T STICK. ( DO YOU KNOW ANYTHING ABOUT BAKING ?.)
4. SHARE MIX INTO PANS AND LEVEL. DON'T LEVEL TOO MUCH . JUST MORE-OR-LESS.
5. BAKE FOR 36 MINUTES IN OVEN WHICH IS ALREADY UP TO TEMPERATURE. HALFWAY THROUGH ( THAT'S 18 MINUTES ) TURN PANS AROUND AND SWOP TOP AND BOTTOM PANS. THIS IS FOR EVEN COOKING NOT CULTURAL BELIEFS.WHEN TIME IS UP TURN OVEN TEMP. DOWN TO 110 DEGREES C.
6. TAKE OUT OF OVEN AND THEN CUT INTO RUSK SHAPES WITH BLUNT KNIFE WHILE STILL WARM.LEAVE IN PANS TO COOL (10 MINUTES) TAKE OUT OF PAN FEW AT A TIME WITH EGG LIFTER AND PACK THEM ON THEIR **SIDES** ONTO DRYING PANS OR RACKS.
7. DRY FOR ABOUT HOUR AND A HALF TO TWO HOURS TILL CRISPY. SWITCH OFF OVEN AND LEAVE TO COOL.
8. ENJOY – DIE GOED IS FLIPPEN LEKKER EN GESOND !!

( ELEKTRONIES VEREWIG DEUR MATHIAM SMIT – 14 JULIE 2016 )