

RUSKS

½ kg. Self-raising flour
½ kg. Nature's choice (muesli)
1 cup pecan nuts
½ tsp. Baking powder

½ pnd. Rama } beat
1 cup brown sugar } together

250 ml. Buttermilk } beat
1 egg } together

Mix all ingredients together and form into dough. Pat in oven tray and bake in 180 degrees celcius until baked. Remove and slice. Place back in oven and leave to dry (oven should be switched off).