



Melt the following in the microwave till it bubbles:

500g butter

2 cups brown sugar

To the above add:

2 eggs

2 cups buttermilk

and mix well.

Then add:

2 cups digestive bran

2 cups all bran, crushed

½ cup chopped pecan nuts

2 level tsp baking powder

1 kg self raising flour

Form a soft dough. Flatten in loaf pans. Bake in oven on 180°c till golden brown. Place in freezer for 3 hours to harden. Remove and slice. Bake in oven on 100

°

c to harden.

For Better Results:

Use double cream yoghurt instead of buttermilk.

Freeze overnight or longer to facilitate easy slicing.