

Karringmelk beskuit met growwigheid



1kg Self Raising Flour

500 gms Butter yes, real butter

2 cups Sugar

3 cups All Bran Flakes

1 cup Raisins

$\frac{1}{2}$ cup Sunflower Seeds

3 Eggs

1 level tsp. salt

500 ml Low Fat Yoghurt or Buttermilk

Melt the butter with the sugar. Beat Yoghurt and eggs. Add Yoghurt and egg mixture to the melted butter/sugar mixture and mix well. Place all remaining dry ingredients in a large bowl and mix together. Add wet mixture to dry ingredients and mix very well. The mixture is rather stiff, so I would suggest that you use a short handled strong wooden spoon.

Divide the mixture into 2 x 11inch by 9 inch oven-roasting trays, smooth out, and bake at 180 degrees C for 1 hour. Switch off the heat and open oven slightly for 10 min., then remove and let cool.

Next morning cut into squares, place on 2 larger trays and dry in the oven at +- 90 deg C for +- 8 hours, or until dry.