

South African Buttermilk Rusks

Yield: 100 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-rusks-recipe>

Ingredients:

- 2 cups margarine may sub butter
- 2 2/3 cups sugar
- 3 eggs
- 2 cups buttermilk
- 1 1/4 cups milk
- 8 cups self rising flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 5 cups bran flakes any brand cereal will do

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 210 milligrams
9. Sugar: 6 grams
10. TransFat: 0.5 grams

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