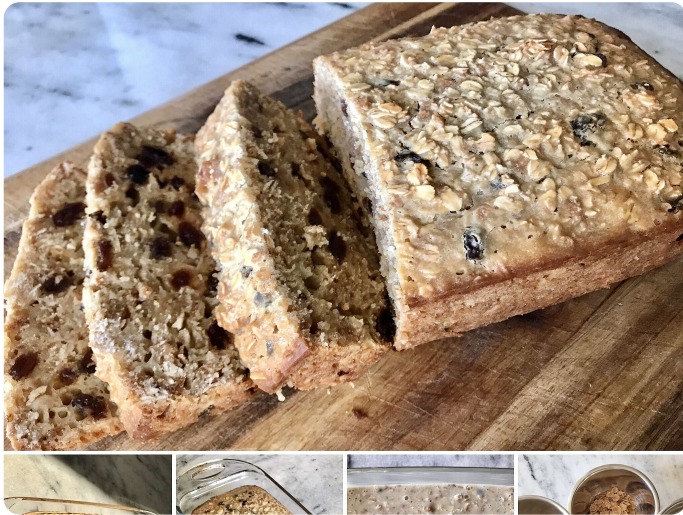




GreatGrandma39s Health Bread

Oscar · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

2 hrs 5 mins

Description

This is a recipe from my greatgrandma with simple ingredients This bread is moist healthy and delicious You can easily cut back on the sugar and switch out ingredients depending on taste or dietary restrictions I love to use dried cranberries instead of raisins reducing the sugar by several tablespoons when I do

Ingredients

— - 1 cup raisins - 1 cup water - 2 cups rolled oats - 1 cup bran cereal (such as Kellogg's® All-Bran®) - 1 cup whole wheat flour - $\frac{3}{4}$ cup white sugar - 1 teaspoon salt - 1 teaspoon baking soda - 1 cup milk - 1 $\frac{1}{2}$ teaspoons lemon juice - 1 egg

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch loaf pan. Bring raisins and water to a boil in a small saucepan
2. reduce heat to medium
3. and boil 5 minutes; set aside to cool. Mix rolled oats
4. bran cereal
5. whole wheat flour
6. sugar
7. and salt in a bowl. Mix milk with lemon juice in a small bowl and let stand 1 or 2 minutes to sour. Stir baking soda into sour milk until dissolved. Pour milk mixture into dry ingredients; beat egg into the mixture. Stir raisins and their liquid into the batter. Pour batter into prepared pan. Bake in the preheated oven until a toothpick inserted into the middle comes out clean
8. about 1 hour. Cool in pan for 15 minutes before removing to finish cooling on a wire rack. Cook's Notes: You can make sour milk by adding 1/2 tablespoon of vinegar or lemon juice to milk.