

all bran malt loaf

by Mary Edwards

what you will need

- 1 cup of all bran
- 1 cup of sultanas
- 1 cup caster sugar
- 1 cup of semi skimmed milk
- 1 cup of self raising flour

Preparation time =
10mins + overnight

Cooking time = **65mins**

Cost per loaf =
less than £1.25

get cooking

Mix the all bran, fruit, sugar and milk together and leave overnight.

The next day add the flour and mix well.

Mix well, bake for 65 minutes at 160 C/gas mark 2 in a 2lb loaf tin.

Cool and slice.

alternatives

Use chopped dried apricots or prunes.

top tips

Eat without butter or margarine for a low fat snack.



**Do you want to
improve your health?**

**Have more energy?
Feel happier?**

**Free health coaching
www.live-well.org.uk**