

# Nuts & Seeds Bread

– Sharon deLint

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1 ½ c all-purpose flour  
½ c whole wheat flour  
1 t baking powder  
1 t baking soda  
½ t salt  
1 c lightly packed brown sugar  
½ c chopped nuts  
2 T sesame seeds  
2 T poppy seeds  
2 T wheat germ  
1 egg, beaten  
1 c buttermilk  
¼ c vegetable oil

1. In a large bowl, combine flours, baking soda & powder, salt, sugar, nuts, wheat germ and seeds.
2. In a separate bowl, combine egg, buttermilk and oil.
3. Add to dry ingredients, stirring until just blended.
4. Turn batter into greased 9x5" loaf pan. Bake in 350°F oven for 1 hour or until toothpick inserted in the centre comes out clean. Allow to cool in pan for a few minutes, and then turn out onto a rack to finish cooling.

\*At the same time, make Annabel's bran muffins, which require 3 cups of buttermilk, to use up a litre.

