

PECAN NUT RUSKS

Makes 24 rusks



Ingredients

- 250 ml cake flour (1 c)
- 250 ml oat bran (1 c)
- 250 ml whole-wheat Pronutro, original (1c)
- 60 ml baking powder (4 T)
2.5ml salt (1/2 t)
- 150 ml sugar (2/5 c)
- 2 extra large eggs
- 310 ml low fat buttermilk (1 1/4c)
- 30 ml oil, macadamia, walnut or avocado (2T)
- 5 ml caramel essence (1t)
- 2 small apples, grated
- 250 ml pecan nuts halves, coarsely chopped (100g or 1c)

Nutrients per rusk

GI low (55)
Carbohydrates 17g
Added sugar 6g
Protein 3g
Fat 5g
Saturated fat 0.6g
Fibre 2.5g
kJ 530



One **rusk** is equivalent to:
1 STARCH plus 1 FAT

Preparation

1. Preheat the oven to 180°C and lightly grease a 100mm x 200mm bread pan with non-stick cooking spray or a paper towel dipped in oil.
2. In a medium bowl, mix the cake flour, oat bran, Pronutro, baking powder, salt and sugar together.
3. In another medium bowl, beat the eggs, buttermilk, oil and essence together.
4. Add the grated apple and chopped pecan nuts to the buttermilk-egg mixture.
5. Mix the dry ingredients into the wet ingredients, making sure that all ingredients are moistened.
6. Spoon the batter into the greased bread pan and bake for 70 minutes, or until a skewer inserted into the middle comes out clean.
7. Take the loaf out of the oven and leave it to cool for 15 minutes before removing it from the bread pan, and allowing it to cool completely on a cooling rack.
8. Cut the loaf into 24 rusks - 3 rows of 8.
9. Place the rusks onto baking trays and dry them out in the oven at 100° C for 3-4 hours.
10. Store in an airtight container for no more than a month.

One cup (250ml) of Pronutro can be substituted with 125ml (1/2 c) soya flour and 125ml (1/2 c) digestive bran.

Dietitian's notes:

Pecan nuts are a good source of monounsaturated fat, which is cardio protective. Traditionally, rusks have a high GI and a high fat content. By using only one third of the original high GI flour and substituting the other two thirds with lower GI oat bran and Pronutro, we have lowered the GI of the rusks.