

## Brown Bread

15oz Plain Flour  
3oz Wheat Bran  
3oz Wheat Germ  
3oz Castor Sugar  
9oz Coarse Wholemeal  
3 tablespoons Olive Oil  
1 1/2 Pint of Buttermilk  
3 teasp Bread soda  
2 teasp Salt  
3 tbsp Sesame seeds ( optional)  
3 tbsp Pumpkin seeds ( optional)  
2 tbsp Chopped nuts ( optional)

### Method

1. Preheat oven to 180oc
2. Line or grease 2 x 2lb loaf tin.
3. Sieve the Plain flour, bread soda and salt into a bowl.
4. Add all of the remaining dry ingredients
5. Mix well.
6. Make a well in the dry ingredients. Pour in the olive oil. Gradually pour in your buttermilk until the mixture become sticky in consistency.
7. Pour into loaf tin. Sprinkle seeds on top (optional)
8. Place in the oven 180oc for 30 mins, then turn bread and cook for a further 20mins.