

Boston Brown Bread

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 cup sour milk, buttermilk
or sweet milk
1 1/2 cups flour
1 teaspoon baking soda
1/2 cup brown sugar
1 cup All-Bran® Cereal,
soaked in milk
1 teaspoon salt
4 tablespoons butter
1 egg
1 cup walnuts
1 cup raisins*

Preheat the oven to 375 degrees.

In a bowl, cream the butter, sugar and egg.

Add the flour and bran. Beat.

Add the walnuts and raisins. Beat well.

Place in loaf pans.

Bake for one hour.

Per Serving (excluding unknown items): 2788 Calories; 126g Fat (38.2% calories from fat); 69g Protein; 389g Carbohydrate; 37g Dietary Fiber; 336mg Cholesterol; 4101mg Sodium. Exchanges: 13 1/2 Grain(Starch); 4 1/2 Lean Meat; 7 1/2 Fruit; 22 Fat; 4 1/2 Other Carbohydrates.