

Ouma's rusks

A rusk is a traditional hard, dry bread that South Africans love to dunk in their tea and coffee in the morning (or any time of the day, really). They became popular during the *Groot Trek* (the great trek), when Afrikaners needed a way of preserving bread as they travelled across the country in ox wagons. Rusks come in all shapes, sizes and flavours, from Buttermilk to Double Chocolate to Muesli. These *ouma's* rusks (grandmother's rusks) can be combined with cream in coffee or tea to fit anything from a 2:1 to a 4:1.

Per rusk (without cream): 55kcal, 1.8:1 ratio, 0.9g carbohydrate

Per rusk (with 15mL 37% whipping cream): 107kcal, 3:1 ratio, 1.2g carbohydrate

Per rusk (with 35mL whipping cream): 178kcal; 4:1 ratio, 1.9 carbohydrate

Ingredients

60.0 g Almond flour (Nature's Choice)
30.0 g Flaxseed flour (Nature's Choice)
10.0 g Sunflower seed, dried
2.0 g Baking powder
40.0 g Buttermilk
24.0 g Butter, Springbok unsalted (Clover)
10.0 g Xylitol
12.0 g Egg, whole, raw, mixed well
15.0 g Canola oil

Directions

1. Mix dry ingredients
2. Cream the butter and xylitol, and mix in remaining wet ingredients
3. Mix all dry and wet ingredients together
4. Weigh out mixture and divide by 10
5. Roll each portion of dough into a ball and press onto a baking sheet, preferably lined with silicon
6. Allow lots of space between each rusk
7. Bake at 180°C for 45-50 minutes
8. Allow to cool
9. Dry out rusks in a low temperature oven for a few hours, or until dry
10. Serve with tea or coffee with cream

Hint:

Add 15mL 37% cream for a 3:1 ratio, or 35mL 37% cream for a 4:1 ratio.