

Christmas is no time to forget your diet

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1/2 tsp. nutmeg
2-3rd cup natural bran-bran flakes
4 tsp baking powder
1/2 cup chopped walnuts
1/2 cup raisins
1/2 cup milk
1 3/4 cup all purpose flour

METHOD
Cream margarine with

sugar. Beat in egg. Blend in all ingredients excluding flour. Add flour and mix only until blended. Turn into greased 4 1/2 x 8 1/2 loaf pan. Bake at 325 degrees F for 1 hour. Let stand 15 minutes on wire rack, turn out, cool. For the best flavor, store 24 hours in plastic bag-container before serving.



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Jutta Pettingill



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