



Fiber Breakfast Bread

1 cup oats

1 cup bran

1 cup whole wheat flour

1 cup sugar

1 cup raisins

1 tsp. salt

1 tsp. soda

1 cup water

1 cup buttermilk

Stir all ingredients together, mixing well. Bake in a greased loaf pan at 350 for 10 minutes.

Meredith Curtis