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Posted on 17 September 2012  
*by ewfood*

## Bran Muffins



## Ingredients

11oz. flour  
0.5oz. bicarbonate of soda  
1 tsp. ground ginger  
Pinch of salt  
½ tsp. nutmeg  
½ tsp. cinnamon  
4.5oz. digestive bran or crushed all bran flakes  
4.5oz. cups all bran flakes, crushed into small pieces  
1oz. walnuts, chopped small  
7.5oz. brown sugar  
4fl oz. oil  
1oz. honey  
16fl oz. buttermilk, If you do not have buttermilk combine 12oz. yoghurt with 4fl oz. of milk until smooth  
2 eggs  
6fl oz. water  
**Preparation Time**  
10  
min  
**Cooking Time**  
30  
min

## Preparation

- 1 Preheat the oven to 180°C
- 2 Mix all the dry ingredients
- 3 Add all the liquid ingredients and combine well. Fold until you have a dropping consistency
- 4 Spoon into muffin pans and bake for 30 minutes.

## Cooks Note

Preparation time: 10 minutes; Cooking time: 30 minutes

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