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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