

Eat The View

Recipes and Tips

Bran Muffins

Makes 6

75g high fibre bran cereal 60 ml molasses

180ml milk

1 egg

1/2 tsp vanilla

2 tablespoons oil

70g plain flour

1/2 tsp bicarbonate of soda 1/2 tsp salt

1/4 teaspoon mixed spice 50g fruit of choice

- Preheat oven to 200°C
- Put 6 paper liners into a muffin tin
- Warm milk along with the molasses in the microwave for a minute
- Put the high fibre bran cereal into a bowl and pour warm milk mixture over. Mix together and then allow to sit for 15 minutes.
- Beat in the egg, oil and vanilla.
- Mix flour, salt, soda and spice all together into the wet mixture and mix together until just combined. Lumps are ok.
- Stir in fruit.
- Spoon into the muffin cups, filling them 2/3 full
- Bake for 20 to 25 minutes, until well risen and the tops spring back when lightly touched.
- Serve warm with butter.