

TASTE WITHOUT WASTE

Dad's Bran Muffins

Makes 12 muffins.

Ingredients

$\frac{3}{4}$ cup natural bran
 $\frac{3}{4}$ cup All-Bran
 $\frac{1}{2}$ cup boiling Water
1 egg
 $\frac{1}{2}$ cup honey
1 cup milk
 $\frac{1}{4}$ cup vegetable oil
1 cup wholemeal flour
 $1\frac{1}{4}$ tsp bicarbonate of soda
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ cup desiccated coconut
 $\frac{1}{2}$ cup sultanas

Method

Pre-heat oven to 180C and grease a 12-hole, 1/3 cup capacity muffin tin.

In a large bowl, mix and let stand the bran, All-Bran and boiling water.

Meanwhile, beat together the egg, honey, milk and oil until well combined. Add to the bran mixture and mix thoroughly.

Sift together the flour, bi-carb, coconut and salt and gently fold into the bran. Fold in the sultanas.

Fill muffin molds (to a few millimetres from the top) and bake for 15 minutes or until just firm on top.

Place muffin tin on a wire rack and leave to cool for 5 minutes. Remove from pan by running a butter knife around the edges and gently prising upwards. Eat whilst warm or leave to cool completely.

Source: Dad's 'holy' recipe folder.

Printed from: www.tastewithoutwaste.com