

# Bran Muffins

A quick and easy mixture that lasts up to 30 days in the fridge. This means you can always have freshly baked muffins when your guests arrive.

 30 Mins	 36 Muffins	 Easy
 High GL	 Dairy	 Wheat

## Ingredients:

- 2 Cups digestive bran
- 2 Cups flour
- 1/2 tsp. Salt
- 2 1/2 tsp. Bicarb
- 2 Eggs
- 1 1/4 Cups brown sugar
- 1/2 Cup oil (We recommend coconut oil)
- 2 Cups Milk
- 1 tsp. Vanilla essence

## Optional:

- 1 Cup mixed fruit or cherries or nuts

## Method:

1. Mix all dry ingredients together in a bowl.
2. Beat eggs and sugar together very well.
3. Add oil and beat again.
4. Add milk, vanilla essence and mix well.
5. Add liquid mixture to the dry ingredients and mix well.
6. Add fruit or nuts to mixture.
7. Leave over night in the fridge.
8. Preheat oven to 200°C.
9. Stir mixture well before using.
10. Add mixture to muffin tray (amount of muffins needed).
11. Bake 15-20 Minutes.

## Health Tips:

**Digestive Bran** provides a good source of insoluble fiber, which can help prevent or treat constipation. It also acts as a prebiotic, promoting the growth of healthy gut bacteria.

