

Bran and Raisin Muffins

Makes 9 or 10

Ingredients: -

250g/8oz - wholemeal flour

15ml/3 tsp - baking powder

125g/4oz - soft brown sugar

1 egg - size 3

90ml/6 tbsp - sunflower oil

125g/4oz - bran flakes

125g/4oz - seedless raisins

300ml/½ pint - skimmed milk

Pinch of salt

Large paper muffin cases; grease well if using deep muffin or bun tins

Method: -

Pre-heat oven to 200°C/400°F/gas mark 6.

Place the flour, baking powder, salt and sugar in a mixing bowl, mix well.

Stir in bran flakes and raisins.

Beat the egg, milk and oil together, then stir into mixture all at once.

Stir just until well mixed. Do not over-mix once fruit has been added.



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Spoon straight into muffin cases, filling each two-thirds full.

Bake for 15/20 minutes, or until well risen.

Allow to cool in the tins for 2 minutes, then turn out on a wire rack.

Serve muffins while still warm.
