



Niki's Fruit & Bran Muffin Recipe

Makes 12

Prep 20 mins

Cooking Time 20 mins

Ingredients

1 cup wholemeal flour

1/2 tbs baking powder

1/2 tsp ground cinnamon

2 eggs, lightly beaten

1 cup low fat milk

1/4 cup honey

1/4 cup canola oil

1/2 cup grated carrot

1 banana, mashed

1 apple, unpeeled and grated

3/4 cup oat bran

3/4 cup wheat bran

1/4 cup walnuts, finely chopped

1/4 cup raisins

Bakeware

A 12 cup muffin tin, lightly greased

Method

1. Preheat oven to 190°C (375°F)
2. In the first bowl combine flour, baking powder and cinnamon.
3. In the second bowl combine eggs, milk, honey, oil, carrot, banana, and apple.

4. Stir the wheat bran and oat bran into the wet ingredient bowl and sit this aside for 10 minutes.
5. Now *GENTLY* fold flour mixture, walnuts and raisins into the wet ingredients. Fill the muffin tin and bake the muffins for about 20 minutes.

Muffins should be firm to touch. Let muffins cool slightly and then turn out onto a cooling rack. You can eat them warm (yummmmmmm!) or let them cool, it's up to you but I am sure you will love them as much as we do.

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