



AB's Honey Bran Muffins

Serve hot from the oven with butter and a little extra honey

PREP TIME: 20 MIN

COOK TIME: 15 MINS

INGREDIENTS

- 1 1/2 cups self raising flour
- 1/2 teaspoon salt
- 3/4 cup processed bran
- 1/2 cup sultanas
- 1 egg beaten
- 3/4 cup milk
- 1/4 cup hot water
- 1/4 teaspoon bicarb soda
- 3 tablespoons Rainforest honey
- 45 grams butter, melted

DIRECTIONS

1. Sift the flour and salt into a bowl and mix with bran and sultanas
2. In a separate bowl lightly beat egg and add milk and combine
3. In a separate bowl mix together hot water, bi carb soda, honey and melted butter. Add egg & milk mixture.
4. Add the liquid ingredients into the flour mix and mix till just combined. Do not overmix. The batter will be still a little lumpy which is fine.
5. Spoon into greased muffin tins (deep ones are best) filling 2/3rds full.
6. Bake in preheated hot oven, 200 degrees for 15 minutes or until golden brown and cooked through when tested with a skewer.



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Makes 12

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