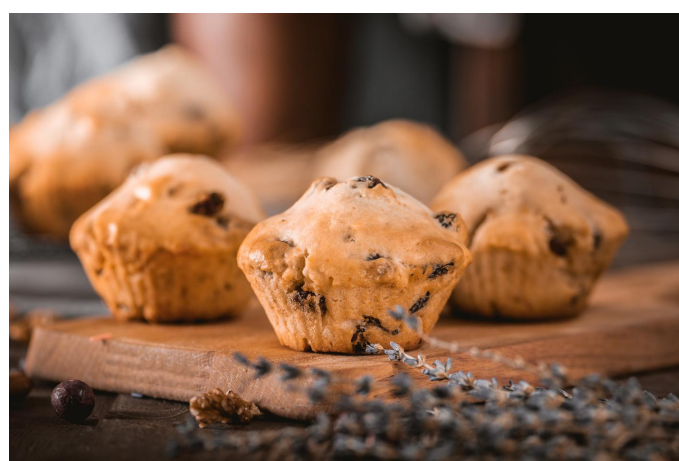


RAISIN BRAN MUFFIN



Makes 6 Muffins



SHOPPING LIST

- 140 g/5 oz plain flour
- 1 tbsp baking powder
- 140 g/5 oz wheat bran
- 115 g/4 oz caster sugar
- 150 g/5 1/2 oz raisins
- 2 eggs
- 250 ml/9 fl oz skimmed milk
- 90 ml/ 6 tbsp sunflower oil, plus extra for greasing
- 1 tsp vanilla extract

STEP ONE

PREHEAT THE OVEN TO 200°C/400°F/GAS MARK 6.

Grease a 12-cup muffin tin or line with 12 paper cases. Sift the flour and baking powder together into a large bowl. Stir in the bran, sugar and raisins.



STEP TWO

LIGHTLY BEAT THE EGGS IN A LARGE JUG OR BOWL,

then beat in the milk, oil and vanilla extract. Make a well in the centre of the dry ingredients and pour in the beaten liquid ingredients. Stir gently until just combined; do not over-mix.

STEP THREE

SPOON THE MIXTURE INTO THE PREPARED MUFFIN TIN.

Bake in the preheated oven for about 20 minutes, until well risen, golden brown and firm to the touch.



STEP FOUR

LEAVE THE MUFFINS IN THE TIN FOR 5 MINUTES

then serve warm or transfer to a wire rack and leave to cool.

STEP FIVE

SERVE & ENJOY

Then Visit Lifestylehng.co.uk to leave your feedback and browse our awesome cooking and baking recipes library.

