

# Blueberry Bran Muffins

October 2015



## Ingredients:

- 1 1/2 cups wheat bran
- 1 cup all-purpose flour
- 1 tbsp baking powder
- 1/2 tsp salt
- 2/3 cup brown sugar, packed
- 1/2 cup vegetable oil
- 1 large egg
- 1 cup blueberries

## Preparation:

- Have your oven pre-set to 375F, and a 12 muffin tray oiled or set with muffin cups.
- Pour the (boiling) water over the bran and stir until completely absorbed.
- Mix in brown sugar, egg and vegetable oil.
- In a separate bowl sift together the baking powder, salt and flour.
- Mix together with brain mix
- Fold in Blueberries
- Evenly dish out amongst the 12 muffins



## Cooking:

Bake for 15-20 minutes or until they come clean on a testing skewer, and then leave to cool on a cooling rack.

Serve with a dollop of Greek yogurt to double up your super food intake!