

# Bran Muffins Recipe

1 tbsp golden syrup  
60ml water  
240ml milk  
1 tsp baking soda  
½ tsp vanilla extract  
1 tbsp oil  
1 egg  
125g bran flakes  
200g wholemeal flour  
2 tsp sugar  
75g of fruit (optional)

*Makes 20+*

1. Beat the eggs.
2. Place the golden syrup, sugar and water in a pan & heat slightly.
3. Stir in the milk, along with the baking soda.
4. Then add the vanilla and oil.
5. Add the eggs, take off heat and mix together.
6. Put the flour and bran in a bowl and make a well. Add the liquid ingredients and stir to mix then add the fruit (if using).
7. Spoon into cake cases and place in an oven pre-heated to 200°C (gas mark 6) and bake for twelve minutes, or until golden and slightly springy to the touch.