



LOVES FOOD

ALL-BRAN MUFFINS

INGREDIENTS:

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| 4 eggs | 8 tablespoons granulated sugar |
| 3 teaspoons of baking powder | 1 teaspoon of salt |
| 1.5 cups of vegetable cooking oil | 600ml milk |
| 2 teaspoons vanilla essence | 1 teaspoon cinnamon powder |
| 3 cups all-purpose flour | 3 cups of Kellogg's All-bran flakes |
| 1.5 cups of raisins or dried cranberries | |

METHOD:

1. Preheat the oven to 180°C
2. Sift flour, baking powder, cinnamon and salt in a small bowl. Add raisins, mix them into the flour well and set aside.
3. In another bowl, soak the All-bran flakes in 300ml of milk and set aside.
4. In a large bowl, using a hand mixer on high speed, whisk eggs, sugar and vanilla essence until light and fluffy.
5. Add cooking oil and the remaining milk to the egg mixture. Stir thoroughly.
6. Add the soaked All-bran flakes and mix well.
7. Add flour mixture a little at a time and mix using a cooking stick.
8. Mix well using a cooking stick to remove any lumps.
9. Use a large serving spoon to fill each of your pre-greased or pre-lined cupcake trays. This mixture typically makes enough batter for 3 12-cup trays.
10. Place two trays in your oven (one on each level) and bake for about 30 minutes. Until a toothpick comes out clean after poking and each cupcake is golden brown.
11. Remove and allow to cool while the third tray bakes.
12. Once the cupcakes are completely cooled, you may remove one at a time using a butter knife to scoop them out. This will be effortless if you used cupcake liners.

SERVING SUGGESTION:

These muffins make an excellent and healthy on-the-go breakfast with a nice hot cuppa.

Enjoy!

With love,
From Famous Warrior's kitchen