Less than 30 minutes Makes 12 Share with friends Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients:

- $1\frac{1}{4}$ cups (130g) wheat bran flour
- 1 cup (58g) crushed All-Bran flakes
- 1¼ cups (188g) cake flour
- 1 Tbsp (15ml) bicarbonate of soda
- 1 cup (250g) brown sugar
- 2 large eggs, whisked
- ¾ cup (180ml) canola oil
- 1 cup (250ml) buttermilk or plain yoghurt
- Handful chopped blueberries, dried cranberries or coconut, shaved or desiccated (optional)
- Honey or butter, for serving

Method:

- 1. Combine wheat bran, All-Bran flakes, flour, bicarb and sugar in a large bowl.
- 2. Whisk together eggs, oil and buttermilk or yoghurt in a separate bowl.
- 3. Add wet ingredients to dry ingredients and mix well until you have a batter. Store in the fridge in an airtight plastic container.
- 4. When ready to bake, fold blueberries, cranberries or coconut, if using, through batter.
- 5. Preheat oven to 180°C.
- 6. Fill a greased 12-cup muffin pan ³/₄ full with batter.
- 7. Bake for 15-20 minutes or until cooked through.
- 8. Serve drizzled with honey or slathered with soft butter.