

Less than 30 minutes

Makes 12

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Ingredients:

- 1¼ cups (310ml) wholewheat flour
- ½ box (250g) bran flakes
- ¾ cup (180ml) brown sugar
- 2½ tsp (13ml) bicarbonate of soda
- ¼ cup (60ml) raisins
- 2 large eggs
- 1 cup (250ml) oil
- ¾ carton (375g) buttermilk

SPLURGE

Add 1 cup (250ml) nuts, seeds and chopped dried fruit to the batter before baking.

Method:

1. Preheat oven to 180°C and line a 12-cup muffin pan with cupcake holders.
2. Combine flour, bran flakes, sugar, bicarbonate of soda and raisins in a large bowl.
3. Add eggs, oil and buttermilk and mix well.
4. Spoon batter into each muffin cup until ⅔ full.
5. Bake for 20-25 minutes or until springy to the touch.
6. Cool and store in an airtight container.