



HEALTHYFOOD
STUDIO

FRUITY BRAN *muffins*

INGREDIENTS

2	Eggs
125ml	Canola oil
150g	Brown sugar
500ml	Low fat milk
150g	Nutty wheat flour
60g	Digestive or oat bran
5ml	Salt
10g	Bicarbonate of soda
150g	Chopped fresh fruit of your choice
150g	Fresh dates
5 ml	Vanilla paste or essence
5ml	Cinnamon

METHOD

- 01 Whisk the eggs, oil and sugar together
- 02 Add remaining ingredients
- 03 Grease muffin pan with spray and cook and fill each hole with mixture
- 04 Garnish the muffins and bake at 180C for 25 minutes
- 05 Remove muffins from oven, cool down and serve

COOKING

25
MIN

PREP

20
MIN

SERVES

18

 Discovery
Vitality



WOOLWORTHS