

Roxie39s Bran Muffins

Jacob · 28/09/2024

**Prep Time**

5 mins

Difficult

Medium

Servings

40 mins

Description

This muffin recipe uses bran cereal It was given to me by my midwife after having a baby Guaranteed to make everything and I mean everything better

Ingredients

- - ½ cup raisins - 1 egg - ¾ cup milk - 1 ½ cups bran cereal (such as Kellogg's All-Bran® Original Cereal) - 1 cup whole wheat flour - 1 teaspoon baking soda - 1 teaspoon ground cinnamon - 2 tablespoons melted butter - 1 apple
- cored and shredded - 1 ripe banana
- mashed - ½ cup honey

Instructions

1. Preheat an oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper cupcake liners. Cover raisins with water in a microwave-safe bowl; microwave on High for 1 minute to plump. Drain raisins and set aside. Beat egg with milk in a bowl; mix in bran cereal. Let mixture stand until cereal absorbs liquid
2. about 5 minutes. Gently mix in plumped raisins
3. flour
4. baking soda
5. cinnamon
6. melted butter
7. shredded apple
8. mashed banana
9. and honey; stir a few times to mix. Spoon batter into prepared muffin cups. Bake in the preheated oven for about 20 minutes
10. or until a toothpick inserted into the center of a muffin comes out clean.