



The key to any good muffins is to stir the mixture only enough to combine the ingredients. Over mixing leads to tough and chewy muffins.

## Ingredients

1 cup flour  
¼ teaspoon salt  
4 Tablespoons brown sugar  
½ teaspoon baking soda  
1 egg  
2 Tablespoons melted butter  
1 teaspoon baking powder  
1 cup bran  
1 teaspoon cinnamon  
2/3 cup of milk  
2 Tablespoons golden syrup

## Method

Combine the dry ingredients in a bowl by firstly sifting the flour, baking powder and salt.

Then add the bran, sugar and cinnamon.

Melt the butter and golden syrup together in a separate jug.

Dissolve soda in milk.

Beat the egg.

Add the soda and milk mixture, along with the beaten egg to the melted butter and golden syrup.

Make a well in the centre of the dry ingredients and add the liquids.

Carefully fold the wet ingredients into the dry mixture using a large metal spoon. Be careful not too overmix.

Prepare the muffin trays by lightly spraying each cup with cooking oil.

Spoon the muffin mix into each cup so the mix is evenly distributed.

Preheat the oven to 190°C (375°F) and bake for 15 minutes until lightly brown.