

Crunchy on top - moist bran muffins

Lovely moist Bran Muffins, great for taking on a "road trip", lunch boxes and last quite long.... If you can keep your hands off them.... Makes +/- 40 - 45 med size muffins.



Ingredients for the Bran Muffins:

3 and 3/4 cups digestive bran

1 and 1/2 cups boiling water

1 and 1/4 cup oil (I use canola, or normal cooking oil)

5 Jumbo eggs

2 and 1/2 cup brown sugar

5 cups of normal cake flour

1 and 1/2 teaspoons salt

3 and 3/4 teaspoons bicarbonate of soda

3/4 cup soft cranberries, 3/4 cup chopped walnuts

1 packet / block of dates the "hard" type

1 cup yellow sultanas (or raisins, I prefer sultanas)

3 and 1/2 cup milk (long life if you want to keep the mixture for a couple of days in fridge)

Extra brown sugar for on top of the raw muffins

METHOD:

Chop the dates and add the bicarbonate of soda. Top up with HALF of the boiling water.

In a LARGE mixing bowl, add the digestive bran, and remaining boiling water, let it stand for about 10 minutes.

Add the oil, and mix, add the eggs and mix, add the sugar, mix, add the salt and flour alternatively with the milk.

Add the soaked chopped dates, sultanas, cranberries and walnuts.

Very important, allow the mixture to stand overnight in the fridge. Spoon into greased muffin tins, nearly filled to the top. THEN sprinkle each "raw muffin" with 1/2 teaspoon of brown sugar and bake for 25 minutes at 180 degrees. Don't over bake. The brown sugar at the end gives a really nice crunchy top while baking.

Keep for up to 4 days in a sealed Tupperware once baked, OR the raw batter can last in the fridge for about 4 days for your "daily" freshly baked muffins.

Great for a lunchbox. Roadtrip. Picnic or just to have something to nibble on...

Recipe card from the kitchen of



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