

Blue Berry Yogurt Bran Muffins

Prep time: 10 min

Cooking time: 20 - 25min



INGREDIENTS

- 500 ml (2 cups) cake flour
- 250 ml (1 cup) wheat bran
- 3 tsp baking powder
- 160 ml (2/3 cup) white sugar
- 1 cup berries, fresh or frozen, if frozen ensure berries are defrosted
- 2 large eggs
- 500 ml (2 cups) full cream plain yoghurt
- 2 tsp vanilla essence
- 125 ml (1/2 cup) sunflower or canola oil



METHOD

1. Preheat oven to 180° C
2. Mix the dry ingredients in a bowl (cake flour, wheat bran, baking powder, sugar and berries).
3. Beat the eggs, yoghurt, vanilla essence, and oil together in a separate bowl.
4. Mix the beaten eggs and yoghurt into the dry ingredients with a wooden spoon. Mix till all is well combined being careful not to overmix.
5. Line muffin tins with baking cases or spray with non-stick spray.
6. Scoop about a spoon into each casing.
7. Bake at 180° C for 20 - 25 min or until golden brown.

Tip: use the toothpick test to check if the muffins have baked fully inside.



Nutrition Facts

Serving size: 106 g

Energy (kJ)	1045
Protein (g)	6.5
Total Carbohydrates (g)	26
Fat (g)	12.4
Fibre (g)	3.1
Calcium (mg)	125



www.rediscoverdairy.co.za

An Initiative of the Consumer Education Project of Milk SA