

Breakfast Muffins

Mix together:

- 300 gm whole-wheat plain flour
- pinch salt
- 2 ½ tsp bicarb of soda
- 100 gm of bran crushed

Beat together and add to dry ingredients:

- 2 beaten eggs
- 200 gm Fairtrade light soft brown sugar
- 100 ml (rapeseed or sunflower)
- 350 ml milk
- 1 tsp van essence

Add 200 gm of Fairtrade raisins (optional)

Leave in fridge in sealed container for min 8 hours

Will keep in fridge for at least 30 days

Put spoonfuls into muffin or bun cases

Bake 190 deg/170 fan/gas mk 4 for 15 – 20 mins

Baked muffins can be frozen

This recipe can be Fairtrade and local if you use locally produced free-range eggs, milk and rapeseed oil

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