

## Banana & Bran Muffins



### Ingredients

- 115g/4¼ oz butter softened,
- 100g/3½ oz brown sugar – I have used various sugar and sugar substitutes for this, such as maple syrup, but found that dark muscovado gives the best results and as it's not a huge amount - it's not the end of the world!
- 3 bananas, well mashed,
- 115ml/4¼ fl oz milk – I use soya, but almond milk would also work well,
- 1 tsp vanilla extract,
- 2 large free-range eggs,
- 175g/6¼ oz wholemeal flour – I use rye wholemeal, but standard wholemeal, spelt or buckwheat would work just as well,
- 100g/3½ oz wheat bran – you can use all bran cereal or standard wheat bran, both work well,
- 1 tsp baking powder,
- 1 tsp baking soda,
- 1 tsp cinnamon,
- 1/2 tsp salt,
- Handful chopped walnuts or pecans with extra for topping,
- Handful of seeds for topping, I use pumpkin & sunflower as they retain a crunch & cope well with being baked.

## Method (Makes 12)

- Preheat oven to 190C/375F/Gas 5 and grease a muffin tin or line with muffin cases.
- Cream the butter and sugar until fluffy. Add the bananas, milk, vanilla & eggs & mix well.
- Mix together the flour, bran, baking powder, baking soda, salt & cinnamon, blend dry mix into the banana mixture.
- Stir in the nuts, transfer the mixture to the muffin tray & sprinkle on remaining nuts & seeds.
- Bake for 20-25 minutes. Cool in the tray for 5-10 minutes.

For biggest smiles eat them whilst still warm with butter.  
Will keep in air tight container for up to 3 days.

## Enjoy!