

## TASTE WITHOUT WASTE

### Blueberry Walnut Bran Muffins

Makes 10-12 muffins.

#### **Ingredients**

1 cup unprocessed bran  
1 egg, lightly beaten  
1 cup milk  
1 cup wholemeal self raising flour, sifted  
Pinch salt  
 $\frac{1}{4}$  cup sugar  
2 tbsp butter, melted  
3 tbsp walnuts, chopped  
1/3 cup blueberries

#### **Method**

Preheat oven to 190C and grease a twelve hole 1/3 cup capacity muffin tray.

Mix together the bran, egg and milk in a large bowl with a fork. Leave to stand for fifteen minutes.

Gently stir through the flour, salt and sugar. Fold in nuts and then blueberries.

Spoon into muffin tray. They don't rise that much so you can fill the holes virtually to the top in order to get a rounded top.

Bake for 18-20 minutes or until firm and a skewer comes out clean when inserted.

Cool in tin for three minutes, then transfer to a wire rack to cool further.

Source: Adapted from 500 Recipes for Cakes, Pastries and Breads

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