

Overnight Bran Muffins

Ingredients

1 ½ cups	Flour
1 t	Baking soda
1 t	Mixed spice
1 ¾ cups	Bran Flakes
¾ cups	Brown sugar
2 cups	Plain yoghurt (Unsweetened) or 1 cup yoghurt & ¾ C low fat milk
½ cup	Vegetable oil
1	Egg
½ cup	Dried fruit of choice, chopped if necessary (e.g. apricots)
1 cup	Fresh fruit of choice, chopped or mashed (apple, pear, feijoa, Rhubarb, frozen berries)



Method

Sift flour, baking soda and mixed spice into a large mixing bowl. Stir in bran and brown sugar.

In a separate bowl, whisk together yoghurt, oil and egg and stir into dry ingredients to combine. Cover and refrigerate overnight.

Heat oven to 180°C.

Spoon mixture into greased muffin pans to almost full. Bake for 20-25 minutes.

Flavour suggestions

Banana and date

Feijoa and ginger

Apple raisin and walnut

Rhubarb and coconut