Bran and Blackberry Muffins

Categoria: Desserts **Tempo di preparazione:** 15 minutes **Difficoltà:** molto facile

Ingredienti per 12

- 120ml vegetable oil + extra for oiling the tin.
- 240g unbleached plain flour
- 1 tsp coarse salt
- 1/2 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 1/2 tsp ground cinnamon
- 200g Greek yoghurt
- 60g sugar
- 85g honey
- 2 large eggs, lightly beaten
- 1 tsp pure vanilla extract
- 240g wheat bran
- 170g fresh blackberries, plus 12 to garnish (optional)

Chef: Luisa Weiss

These bran muffins with blackberries are a great fusion of delicious goodness. Bursting with wheat bran, fresh blackberries and with a touch of cinnamon, they provide a tasty yet wholesome treat that is perfect for starting the day or satisfying a craving.

Makes: **12**
Preparation time: **15 minutes**
Cooking time: **45 minutes**

Method

Preheat the oven to 175°C. Brush a muffin tin with vegetable oil and line with 12 paper cases.

Mix together the flour, salt, baking powder, bicarbonate of soda, and cinnamon in a medium bowl.

In a large bowl, whisk together the yoghurt, sugar, 120ml vegetable oil, honey, eggs and vanilla until well combined. Add the dry ingredients to the wet, folding in with a wooden spoon, until just incorporated. Don’t over-stir. Gently fold in the wheat bran then stir in the blackberries to distribute evenly.

Fill the paper cases with the mixture. Bake for 22-30 minutes, until the tops are golden brown, and an inserted toothpick comes out clean. Cool for 5 minutes and serve warm or at [illegible] ke. Once cold, they can be