

## **Bran Muffins / Loaf**

1 Cup Bran  
1 teaspoon All Spice  
1 teaspoon Cinnamon  
1 Cup Milk  
1 Cup brown sugar  
1 Cup 60% Wholemeal SR Flour  
1 Cup Dried Fruit  
3-4 ripe Bananas (optional)

Soak Bran, All spice & cinnamon in Milk for several hours

Puree Bananas add Bran mix, dried fruit and flour –stir/mix well

May be baked in a Loaf tin or as muffins

Bake at 180 C for 30 minutes