

Lowan Oat Bran & Apple Muffins

Ingredients

- 1 cup Lowan Natural Oat Bran
- 1 cup Wholemeal flour
- 2 teaspoons baking powder
- 1 teaspoon mixed spice
- 3/4 cup raw sugar
- 2 granny smith apples, coarsely grated
- 2 eggs
- 1/4 cup vegetable oil
- 3/4 cup (200mL) water

Method

1. Preheat oven to 180°C (160°C for fan forced) and grease and flour a 12 cup muffin pan.
2. Add all dry ingredients to a large mixing bowl. Gradually add grated apple, eggs, oil and water. Mix with a wooden spoon for 1 minute.
3. Distribute batter evenly amongst 12 muffin cups.
4. Bake for 20- 25 minutes or until golden.

