

Banana, Walnut & Raisin Bran Muffins

Who?

This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor.

For more recipes visit www.nikkimartin.co.nz.



Ingredients

2 cups self-raising flour
2 cups unprocessed bran
1 cup raisins (sticky raisins preferably)
1/2 cup roughly chopped walnuts
3 small or 2 large bananas, mashed
1 teaspoon baking soda
1 & 1/2 cups trim milk
2 eggs
50 grams polyunsaturated margarine
6 Tablespoons golden syrup or maple syrup

Method

Set oven to 190 degrees Celsius.

Place first 5 ingredients in a bowl.

Dissolve baking soda in milk; add the eggs and whisk to blend.

Melt margarine and golden/maple syrup together in microwave or in a small saucepan.

Add the milk mixture and the margarine/golden syrup to the ingredients in the bowl; mix until blended - do not over mix, as this will toughen the mixture.

Spoon into non-stick muffin pans; bake for 15-20 minutes or until skewer comes out clean.

Healthy Cooking Habits

- Adding unprocessed bran - this is a rich source of insoluble fibre that helps keep our digestive system healthy.
 - Adding fruit - adds vitamins, minerals and fibre.
 - Using trim milk - keeps fat content down.
 - Using polyunsaturated margarine instead of butter - polyunsaturated fats are good for heart health.
 - Adding walnuts - walnuts are rich in omega 3 fatty acids which are good for health and brain function.
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