



**MUNRO HONEY**

### Honey Bran Muffins

**1 cup** –natural bran

**1 cup** –buttermilk

**1/3 cup**-margarine

**½ cup** – brown sugar

**2 tsp** – Munro Honey

**1** –egg

**1 cup** – all purpose flour

**2 tsp** baking powder

**½ tsp** – baking soda

**½ tsp** – salt

- Soak bran in buttermilk while preparing the rest
- Cream margarine and sugar
- Beat in honey and egg
- Add bran and buttermilk
- Sift dry ingredients together
- Add stirring until moistened
- Put in prepared muffin tins
- Bake at 375 degrees for 15-20 mins