

## **Gran's Bran Muffins**

1<sup>3</sup>/<sub>4</sub> cups Bran

<sup>3</sup>/<sub>4</sub> cup Flour

<sup>1</sup>/<sub>2</sub> cup Golden Syrup

<sup>3</sup>/<sub>4</sub> cup hot milk mixed with <sup>1</sup>/<sub>2</sub> teaspoon Baking Soda

<sup>1</sup>/<sub>2</sub> teaspoon Baking Powder

Pinch Salt

Fruit or Vanilla

Mix all dry ingredients together, add golden syrup, hot milk and soda.

Bake in well greased patty tins for 15 minutes about 375 C.