

HEALTHY FRUIT MUFFINS



Category: Bakes and Confectionery

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 Qualified by: Supercook AUS
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 Total preparation time:
 20:30 Minutes

Suitable for machine:

- Supercook SC250
- Supercook SC300
- Supercook SC350
- Supercook SC380
- Supercook SC400

INGREDIENTS FOR 12 SERVES

1/2 cup (AUS 250 ml)	milk
2 teaspoon	Baking soda
1 cup (AUS 250 ml)	dried fruit eg. sultanas, mixed dried fruit etc.
1/2 cup (AUS 250 ml)	fruit juice
1 cup (AUS 250 ml)	wholemeal flour
1 cup (AUS 250 ml)	Bran
1 cup (AUS 250 ml)	Wheatgerm
2 teaspoon	baking powder
1/2 teaspoon	salt
1 cup (AUS 250 ml)	Wet fruit eg. apple, mango, blueberries etc.
3 tablespoon (AUS 20ml)	golden syrup
2 tablespoon (AUS 20ml)	brown sugar
2 tablespoon (AUS 20ml)	butter

STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).