

All-Bran® Pumpkin Muffins

Makes: 12 muffins

Preparation Time: 20 mins

Cooking Time: 30 mins (excluding roasting pumpkin)

Ingredients:

- 1 1/4 cups wholemeal flour
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup raw sugar
- 2 cups Kellogg's® All-Bran® Original cereal
- 1 cup low fat milk
- 3/4 cup sultanas
- 1 cup mashed roast pumpkin
- 2 eggs, beaten
- 3 tablespoons butter, melted

Method:

1. Stir together flour, sugar, baking powder, salt, cinnamon, nutmeg and sugar.
2. In a separate bowl combine Kellogg's® All-Bran®, milk, sultana and pumpkin. Let stand about 2 minutes or until cereal softens.
3. Add egg and butter and beat well.
4. Add flour mixture, stirring only until combined. Portion evenly into twelve muffin pan cups coated with cooking spray.
5. Bake at 180°C for about 30 minutes or until lightly browned. Serve warm.