

Bran honey muffins

General activities for teachers



250 ml	boiling water	(1 cup)
250 ml	bran	(1 cup)
50 ml	honey	(¼ cup)
50 ml	canola oil	(¼ cup)
250 ml	raisins	(1 cup)
375 ml	whole wheat flour	(1 ½ cups)
8 ml	baking soda	(1 ½ tsp)
3 ml	salt	(½ tsp)
125 ml	wheat germ	(½ cup)
2	beaten eggs	2
250 ml	buttermilk	(1 cup)



Allergy Warning!
Contains wheat, eggs, and milk.



In a bowl, mix boiling water, bran, honey, oil, and raisins, and set aside for five minutes. In another bowl, mix flour, baking soda, salt, and wheat germ. In a third bowl, mix eggs and buttermilk. Add the flour mixture to the water mixture and then add egg and buttermilk mixture. Fill greased muffin tins 2/3 full. Don't taste the batter. Uncooked flour and eggs may contain bacteria that could make you sick.

Bake at 175°C (350°F) for 25 minutes.

Makes 12 muffins.

This lesson plan was produced by the Canada Agriculture and Food Museum.

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