Very Berry Muffins

Ingredients

150g plain white flour

100g light brown self-raising flour

1 tbsp oat bran

2 tsp baking powder

½ tsp bicarbonate of soda

Pinch of salt

50g Demerara sugar

1 tbsp clear honey

1 large egg

200 ml buttermilk

150g fresh berries

Method

1. Preheat the oven to 200ºC / 400º F / gas mark 6.
2. Mix flours, bran, baking powder, bicarbonate of soda and salt. Add sugar.
3. Whisk honey, egg and buttermilk in a jug.
4. Pour wet ingredients into the dry and briefly stir.
5. Spoon into paper cases and bake for 20 minutes or until lightly browned.
6. Remove from oven and leave to cool.

Yield - 10