



Your one-stop **Canuck Shop!**



MAPLE BRAN MUFFINS

$\frac{3}{4}$ cup of wheat bran
1 $\frac{1}{4}$ cups whole wheat flour
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ cup chopped walnuts
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup **Maple Syrup**
1 egg slightly beaten
 $\frac{1}{4}$ cup oil

GLAZE

1 tablespoon butter
1 tablespoon **Maple Syrup**
 $\frac{1}{2}$ cup icing sugar

COMBINE bran, milk and maple syrup in a bowl. Mix in the egg and oil. In a large bowl, combine remaining dry muffin ingredients. Add bran mixture into the dry ingredients, stirring until just moistened. Divide the batter into 12 greased muffin tins.

BAKE at 400F oven for 18 to 20 minutes.

GLAZE: *Combine the ingredients, stirring to blend and spread over warm muffins.*

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