

Kiwi Organics Cookbook

corn brand muffins with golden syrup

ingredients

- $\frac{1}{3}$ cups Kiwi Organics corn bran
- 1 cup Kiwi Organics rice flour
- $\frac{1}{3}$ cup Kiwi Organics corn flour
- $\frac{1}{2}$ cups brown sugar
- $\frac{1}{4}$ cups margarine or butter
- 2 eggs
- $\frac{1}{4}$ cups golden syrup
- 1 teaspoon baking soda
- 1 cup buttermilk

Blend the soda and golden syrup until light and foamy. While the soda mixture is setting, combine the margarine and brown sugar, then mix in the eggs along with the bran and rice flour and corn flour.

Now, combine the baking soda, golden syrup and buttermilk and add it to the brown sugar mix. Blend well with a wooden spoon.

Grease and flour muffin tins or line with paper muffin cups then fill until $\frac{3}{4}$ full. Bake at 190°C for about 30 minutes

These muffins are quick and easy to prepare and a healthy choice for the entire family.

