



Kiwi Organics Chef's Choice

Polenta Cookbook

corn-bran muffins with golden syrup

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

- 1/3 cups KO corn bran
- 1 cup rice flour
- 1/3 cup KO Corn Flour
- 1/2 cups brown sugar
- 1/4 cups margarine or butter
- 2 eggs
- 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 KO bran and rice flour and KO 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 3/4 full. Bake at 190 C degrees for about 30 minutes

