



528



528 | VICTORIA  
FALLS

### Homemade 30-Day Muffins

- 4 Eggs
- 2 Cups Dark Brown Sugar
- 1 L Milk
- 3 tbs Vanilla
- 1 Cup Sunflower Oil
- 1 Cup Pumpkin Seeds - or substitute
- 1 Cup Cranberries - or substitute
- 5 tsp Bicarb of Soda
- 4 Cups Cake Flour (or brown flour) + 1 Cup Oats
- 2 Cups Bran Flakes (pound & granulate prior to measurement)

Preheat the oven to 180°C

Whisk eggs & sugar together, then add 1L milk & vanilla

Mix well then add sunflower oil and cranberries

In a separate bowl add the mixed bicarb of soda, cake flour and oats together with the seeds & crushed bran

Stir all together, divide into to muffin tray & cook for 20-35 minutes dependent on number of muffins

Enjoy ♡



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*Greetings from Victoria Falls*

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