



*Targeted effective relief from abdominal  
cramping, pain & discomfort*

## Apple and oat-bran muffins

---

These muffins make a great breakfast or a nutritious snack between meals. Makes approximately 12 muffins.

- 2 large green cooking apples
- 450 g (15.87 oz) unbleached white flour
- 200 g (7.05 oz) oat bran
- 2 1/2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 500 ml (16.9 oz) apple juice



1. Heat oven to 330°F/160°C. Oil muffin pan with vegetable oil.
2. Peel, core and chop apples into small cubes.
3. In a large mixing bowl, mix white flour, oat bran, baking soda and spices.
4. Add chopped apples and enough apple juice to make a light batter.
5. Mix just enough to moisten all ingredients. Do not over-mix. Spoon batter evenly into muffin tray.
6. Bake 25 to 30 mins or until lightly browned.