

# JAM-PACKED BREAKFAST BALLS

Makes 24

## INGREDIENTS

1<sup>1</sup>/<sub>3</sub> cups cake flour  
1 tbsp baking powder  
½ cup sugar  
¼ tsp salt  
1½ cups BOKOMO Bran Flakes  
½ cup raisins  
2 large eggs  
1 cup milk  
1<sup>1</sup>/<sub>3</sub> cup oil  
½ cup peanut butter  
1 cup strawberry jam  
1 cup Moir's Desiccated Coconut

## METHOD

1. Preheat the oven to 180°C and grease a medium, square baking dish.
2. Pour the BOKOMO Bran Flakes into a resealable bag and crush lightly with a rolling pin.
3. In a medium bowl, sift together the flour, baking powder, sugar, and salt. Mix through the crushed bran flakes and raisins.
4. In another bowl, whisk the egg, oil and milk together.
5. Fold the wet ingredients into the dry ingredients until just combined.
6. Pour the batter into the baking dish and bake for 30-35 minutes, or until a skewer inserted in the centre comes out clean.
7. Allow the bran muffin bake to cool in the baking dish for 10 minutes before transferring to a cooling rack.
8. When completely cooled, crumble the bran muffin into a large bowl. Mix the peanut butter through the crumbled muffin mixture and shape into 24 equal sized balls. Use your finger to press a deep hole in each ball, fill with a teaspoon of strawberry jam and roll up into perfectly round balls.
9. Roll the balls in the desiccated coconut, coating them lightly.
10. Store these in a container in the fridge for 5-7 days and ENJOY as a delicious high-energy treat!