

Blueberry Bran Muffin Recipe

This is a moist, very high fiber recipe. Try replacing the blueberries with 1 cup/250ml raisins and 1 cup/250ml pitted dates, finely chopped. Any other fresh, frozen or dried fruit or nuts and seeds in similar amounts can be substituted. Makes about 2-3 dozen. Muffins freeze well.

Ingredients:

3 eggs
3/4 cup/175ml sugar
3/4 cup/175ml molasses
1/4 cup/60ml honey
1/2 tsp/2ml salt
3 1/2 cups/875ml buttermilk
1 cup/250ml avocado oil
4 tsp/20ml each baking powder and baking soda
4 cups/1000ml each whole wheat flour and natural wheat bran
2 cups/500ml fresh or frozen blueberries

Method:

1. In large electric mixing bowl, lightly beat eggs.
2. Add sugar, molasses, honey, salt, buttermilk, oil, baking powder, baking soda.
3. Add flour and bran. Blend thoroughly.
4. Gently fold in blueberries by hand.
5. Batter can be refrigerated for 12-24 hours or baked right away.
6. Spoon mixture into lined muffin tins, filling about 3/4 full.
7. Bake in preheated 400F oven 15-20 minutes.
8. Toothpick inserted in centre should come out clean.
9. Cool on wire racks 5 minutes before removing from pans.