

Morning Glory Bran Muffins

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1 cup Bobs Red Mill Wheat Bran
1 1/2 cups Whole Wheat Flour
1 tsp Baking Soda
1 tsp Baking Powder
1/4 cup chopped walnuts or pecans
1/2 cup Raisins
1 cup grated carrots
1/2 cup grated zucchini
3/4 cup unsweetened Applesauce

1/2 cup Milk
1/2 cup plain yogurt
1/2 cup Molasses
3 Tbsp brown sugar
2 Tbsp Oil
2 Eggs beaten
1 tsp cinnamon
1/4 tsp clove
1/2 tsp allspice
1/2 tsp ginger

Instructions:

Preheat oven to 400°F. Grease a 12-cup muffin tin or line with paper baking cups.

In a large bowl, combine wheat bran, flour, baking soda and baking powder and spices. Stir in nuts, carrots, zucchini and raisins.

In a separate bowl, combine applesauce, milk, yogurt, molasses, brown sugar, oil and eggs. Add to dry ingredients and stir just until moistened.

Spoon into prepared muffin tin and bake for 20-25 minutes