THE J.M. SMUCKER Co

Apple Bran Muffins

Prep Time	Cook Time	Serves	Difficulty
15 mins	20 mins	12	N/A

Ingredients

- 1 cup (250 mL) buttermilk
- 3/4 cup (175 mL) packed brown sugar
- 1/3 cup (75 mL) Vegetable or Canola Oil
- 3 tbsp (45 mL) molasses
- 1 egg
- 1 1/2 cups (375 mL) wheat bran
- 1 cup (250 mL) **Robin Hood®** Original All Purpose Whole Wheat Flour

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- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1 cup (250 mL) peeled and finely chopped apple
- 3/4 cup (175 mL) raisins

Directions

Step 1:

Preheat oven to 375ºF (190ºC). Grease or line a 12 cup muffin pan.

Step 2:

Combine buttermilk, brown sugar, oil, molasses and egg in medium bowl using a hand held whisk.

Step 3:

Combine bran, flour, baking soda, baking powder and salt in a separate bowl.

Step 4:

Stir flour mixture into buttermilk mixture. Mix well.

Step 5:

Add apple and raisins.

Step 6:

Spoon into prepared muffin cups.

Step 7:

Bake in preheated oven for 18 to 20 minutes or until a toothpick inserted in centre of muffin comes out clean.

Images

