



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 375°F (190°C). 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

