



THE J.M. SMUCKER CO.

# Banana Bran Muffins

**Prep Time** **Cook Time** **Serves** **Difficulty**

15 mins 20 mins 12 N/A

## Ingredients

- 1 1/2 cups (375 mL) natural bran
- 1 cup (250 mL) **Robin Hood®** All Purpose Whole Wheat Flour

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- 1/2 cup (125 mL) packed brown sugar
- 1 1/2 tsp (7 mL) baking powder
- 1/2 tsp (2 mL) baking soda
- 1 tsp (5 mL) cinnamon
- 1/4 tsp (1 mL) salt
- 2 eggs
- 1 cup (250 mL) mashed banana (approx. 2 medium bananas)
- 1/2 cup (125 mL) milk
- 1/3 cup (75 mL) Vegetable or Canola Oil

## Directions

### Step 1:

Preheat oven to 375°F (190°C). Grease or line 12 muffin cups with paper liners.

### Step 2:

Combine bran, flour, brown sugar, baking powder, baking soda, cinnamon and salt in a medium bowl.

### Step 3:

Beat eggs, mashed banana, milk and oil in a separate bowl.

### Step 4:

Add banana mixture to dry ingredients, stirring until just combined.

Add 1 cup (250 mL) chopped pecans or walnuts to the batter for a nutty addition.

Add 1 cup (250 mL) chocolate chips to the batter for a delicious, chocolatey twist.

### Step 5:

Spoon into prepared muffin cups.

### Step 6:

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

## Images

