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 375ºF (190ºC). 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

