THE J.M. SMUCKER Co

Blueberry Bran Muffins

Prep Time	Cook Time	Serves	Difficulty
10 mins	20 mins	18	N/A

Ingredients

- 2 3/4 cups (675 mL) **Robin Hood®** Original All Purpose Flour

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- 1 1/2 cups (375 mL) natural wheat bran
- 1/2 cup (125 mL) packed brown sugar
- 1 tbsp (15 mL) baking powder
- 1 tbsp (15 mL) orange zest
- 2 tsp (10 mL) baking soda
- 1 tsp (5 mL) ground cinnamon
- 1 egg
- 1/2 cup (125 mL) honey
- 1/4 cup (50 mL) Canola Oil
- 2 cups (500 mL) plain yogurt or buttermilk
- 2 cups (500 mL) frozen blueberries

Directions

Step 1:

Preheat oven to 375ºF (190ºC). Line 18 muffin cups with paper liners.

Step 2:

Combine flour, wheat bran, brown sugar, baking powder, orange zest, baking soda and cinnamon in a large mixing bowl.

Step 3:

Combine egg, honey, oil and yogurt in a large bowl. Add dry ingredients to large bowl and stir into wet ingredients just until moistened. Quickly stir in berries.

Step 4:

Spoon batter into prepared muffin pans.

Step 5:

Bake in preheated oven for 25 minutes or until a toothpick inserted in centre of muffins comes out clean.

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