THE J.M. SMUCKER Co

Date Bran Muffins

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

Ingredients

- **Filling:**
- 1 cup (250 mL) chopped dates
- 1 cup (250 mL) hot water
- 1/4 cup (50 mL) packed brown sugar
- 1 tsp (5 mL) lemon juice
- **Muffin:**
- 1 1/2 cups (375 mL) natural bran
- 3/4 cup (175 mL) **Robin Hood®** All Purpose Whole Wheat Flour

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- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) salt
- 1 egg
- 1/4 cup (50 mL) packed brown sugar
- 1 tbsp (15 mL) Vegetable or Canola oil
- 1 cup (250 mL) buttermilk or sour milk

Directions

Step 1:

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

Step 2:

Filling: Place dates, hot water, brown sugar and lemon juice in a small saucepan. Stirring occasionally, simmer until thickened. Set aside to cool.

Step 3:

Muffin: Combine bran, flour, baking soda and salt in large mixing bowl.

Step 4:

Beat egg, brown sugar, oil and buttermilk together thoroughly in a separate large mixing bowl.

Step 5:

Add egg mixture all at once to bran mixture. Stir just until moistened.

Step 6:

Stir in date filling.

Step 7:

Fill prepared muffin cups 3/4 full.

Step 8:

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

Images

