THE J.M. SMUCKER Co

Maple Pecan Bran Muffins

Prep Time	Cook Time	Serves	Difficulty
20 mins	22 mins	12	N/A

Ingredients

- 1 1/2 cups (375 mL) wheat bran
- 1 1/2 cups (375 mL) milk
- 1 tsp (5 mL) vanilla
- 1/2 cup (125 mL) maple syrup
- 1/3 cup (75 mL) vegetable oil
- 1 egg
- 2 cups (500 mL) **Robin Hood®** Organic All Purpose Flour

  Robin Hood® Original All Purpose Flour

- 1/4 cup (50 mL) brown sugar
- 1 tsp (5 mL) baking soda
- 2 1/2 tsp (7 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1 tsp (5 mL) cinnamon
- 1/2 cup (125 mL) chopped pecans

Directions

Step 1:

Preheat oven to 375°F (190°C). Line 12 muffin pans with paperliners.

Step 2:

Combine bran and milk in large bowl. Let sit for 10 minutes. Stir. Add remaining ingredients and stir well to combine. Spoon into prepared pans. Bake in preheated oven 20-22 minutes or until toothpick inserted in centre comes out clean.

Images

