

Perfect Bran Muffins

These muffins bake up perfectly even if you substitute the ingredients. Feel free to get creative!

Preheat oven to 350 degrees

Dry Ingredients:

- 1 1/4 cups of wheat bran
- 1 cup whole wheat pastry flour
- 1 tsp. baking soda
- 1/2 tsp. sea salt
- 1/2 tsp. cinnamon

Mix dry ingredients together.

In a separate bowl, mix wet ingredients:

- 1 banana, mashed
- 1 apple, peeled & grated
- 1/2 cup raisins
- 1/3 cup warmed coconut oil (or favorite oil)
- ¼ - ½ cup organic raw sugar (you can also substitute an extra banana to make this sugar-free)
- 1 cup milk or soymilk

Combine wet ingredients with dry ingredients and stir for 1 minute.

Lightly oil muffin pans and fill 3/4 full with batter.

Bake for 22 minutes. Makes 1 dozen muffins.

Enjoy!