



Healthy Best Bran Muffins

Light in texture and high in flavor

- 1 cup raisins
- 1/2 cup water
- 2 cups wheat bran cereal
- 1/2 cup buttermilk
- 1 cup warm water
- 1 teaspoon grated orange zest
- 1/2 cup packed light brown sugar
- 1/3 cup avocado oil
- 2 large eggs
- 1/2 cup all-purpose flour
- 1/4 cup white whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup raisins

- Preheat oven to 375 degrees F. Line about 14 cups in muffin pan with paper liners.
- In a small bowl, combine raisins with ½ cup of hot water. Set aside to allow the water to be absorbed. Puree raisins in food processor or blender until smooth.
- In a large bowl, mix together bran cereal, buttermilk, water, orange zest, brown sugar, and raisin puree.
- Stir oil and eggs into bran mixture until well mixed.
- In another bowl, combine all-purpose flour, whole wheat flour, baking powder, baking soda, and salt. Stir dry ingredients into bran mixture. Stir in 1/2 cup raisins.
- Spoon the batter into the prepared muffin cups, fill the cups almost to the top and center of the muffin cup.
- Bake in preheated 375 degrees F. oven for 25 minutes or until muffins are set in the center.
- Cool about 10 minutes; remove to cooling rack. Yield: about 14 muffins

Cook's Note: We made this recipe twice and found that baking them at a higher temperature produced better muffins. Since we used All-Bran cereal, we didn't need to bake the bran separately.

Recipe Inspired by: Nancy Silverton – which was adapted from Pastries from LaBrea Bakery <https://www.davidlebovitz.com/nancy-silvertons-bran-muffins/>

About the Recipe: Usually bran muffins are dry and quite heavy. These muffins are very different since they have a lighter texture and are not overly sweet. They don't raise very much so they can be filled and piled high in the muffin cups. The light orange flavor gives the moist muffin a bright flavor.