

Favorite Bran Muffins with Apples and Walnuts.txt

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(www.bobsredmill.com)

Ingredients

2 ½ cups White Flour, Unbleached
4 ½ tsp Baking Soda
1 Tb Baking Powder
1 tsp cinnamon, Saigon (Premium)
¼ tsp Sea Salt
6Tb Melted butter
6Tb Vegetable Oil
2 Tb Honey
¼ cup molasses
1 cup + 2 Tb Light Brown Sugar, packed
1tsp Vanilla
¾ tsp Maple Extract
3 large Eggs, lightly beaten
2 cups Buttermilk
1 cup Wheat Germ
1 cup Wheat Bran
½ chopped Walnut halves
1 cup dried Apples (Diced)

Directions:

(if using apples, plump first in hot water and drain)

Preheat oven to 400°F. Spray muffin tins, or if using baking cup liners, spray the top surface of the pans and fill with the paper liners, set aside.

Using a large bowl, combine the flour, baking soda, baking powder, cinnamon and salt and blend with a wire whisk to combine well.

In another large bowl whisk together the butter/oil, honey, molasses, brown sugar, vanilla extract, maple extract and eggs. Mix well. Whisk buttermilk, wheat germ and bran. Let this batter sit for 10- 15 minutes. Add the wet ingredients to the dry ingredients and blend until just mixed. This batter can be covered and refrigerator overnight, if desired.

Divide the batter among the lined tins and bake for about 15-16 minutes, or until a muffin tests done with a toothpick.

Yield: about 20 regular size muffins