



Classic Bran Muffins



Prep
20 m

Cook
20 m

Ready In
40 m

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"A delicious source of fiber! My family have them almost every morning. Great healthy muffins! You may substitute dates for the raisins if you wish."

Ingredients

1 1/2 cups wheat bran	1 cup all-purpose flour
1 cup buttermilk	1 teaspoon baking soda
1/3 cup vegetable oil	1 teaspoon baking powder
1 egg	1/2 teaspoon salt
2/3 cup brown sugar	1/2 cup raisins
1/2 teaspoon vanilla extract	

Directions

- 1 Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or line with paper muffin liners.
- 2 Mix together wheat bran and buttermilk; let stand for 10 minutes.
- 3 Beat together oil, egg, sugar and vanilla and add to buttermilk/bran mixture. Sift together flour, baking soda, baking powder and salt. Stir flour mixture into buttermilk mixture, until just blended. Fold in raisins and spoon batter into prepared muffin tins.
- 4 Bake for 15 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Cool and enjoy!

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