

Dark Raisin Bran Muffins

Ingredients:

- 1 cup unbleached flour
- 1-½ cups unprocessed bran (miller's bran)
- 1-¼ cups milk
- 1-½ cups unbleached flour
- 1 tbsp. baking powder
- 1 tsp. salt
- ¼ cup honey
- 1 tsp. cinnamon
- ¼ cup tsp. nutmeg
- ¼ tsp. cloves
- ¼ cup plus 2 tbsp. grapeseed oil
- ¼ cup molasses
- 1 egg
- ½ cup raisins

Servings: Makes 1 tin of (or 12 regular) muffins

Steps:

1. Heat oven to 400 degrees. Prepare muffin tin (12 cups) with butter, oil, or papers.
2. In a bowl combine the bran and milk, stir to moisten and set aside.
3. Combine the dry ingredients in a large bowl and blend well.
4. Combine oil, molasses and egg. Add to the soaked bran and blend. Add this to the dry ingredients and beat well. Stir in the raisins.
5. Spoon into the muffin tin
6. Bake 15-20 minutes - - until a toothpick inserted in the center comes out clean.

Variations: Use chocolate chips instead of the raisins or omit both.

Discussion: These are serious bran muffins, meaning they are serious about adding bran to your diet which helps to stimulate regularity. Aside from that bonus, these muffins use spices that make them tasty and fragrant. They are sweetened with flavor- and nutrition-packed honey and molasses as well. Hopefully these will become a family favorite!