



## Favorite Bran Muffin

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



355 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 tablespoon double-acting baking powder
- ☐ 1.3 teaspoons baking soda
- ☐ 0.5 cup brown sugar plus 1 tablespoon light firm packed
- ☐ 0.5 teaspoons butter extract
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon honey
- ☐ 0.1 teaspoon maple extract

- ☐ 2 tablespoons blackstrap molasses
- ☐ 6 tablespoons oil
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 cup raisins
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup wheat bran
- ☐ 0.5 cup wheat germ toasted
- ☐ 1.3 cups flour whole wheat white (or all purpose)

## Equipment

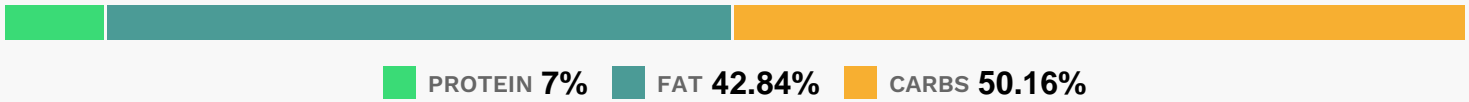
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ toothpicks
- ☐ spatula
- ☐ muffin liners
- ☐ measuring cup
- ☐ muffin tray

## Directions

- ☐ Mix together the flour, baking soda, baking powder, cinnamon and salt; Toss in the pecans and set aside.
- ☐ Mix the oil, honey, molasses, brown sugar, vanilla, maple, and butter extract together in a mixing bowl.
- ☐ Whisk in eggs, then buttermilk, wheat germ, and bran.
- ☐ Let batter rest 10 minutes.

- ☐ Add flour mixture to egg mixture in three parts, stirring with a large rubber spatula and making sure all dry ingredients are thoroughly blended – do not over-beat.
- ☐ Add raisins if using. Cover batter with plastic wrap and refrigerate for at least 1 hour or overnight. Batter will thicken up quite a bit. Preheat oven to 400 degrees. Lightly grease the top surface of a 12-cup muffin pan – you'll only be using 8 of the cups. Using a measuring cup, place a portion of the batter into each cup, filling to the top – don't pile it too high or rims will spread too much, just stop at the top. Put a little water in empty muffin cups to ensure even baking.
- ☐ Bake at 400 for 20 minutes or until muffin tops brown. Test with a cake tester or toothpick. If tester doesn't come out clean, reduce heat to 350 and bake another 5 to 10 minutes.
- ☐ Let cool in pan for about 8 minutes, then remove from pan and cool completely. Makes 8 or 9 if you make them smaller

## Nutrition Facts



## Properties

Glycemic Index:48.13, Glycemic Load:6.85, Inflammation Score:-4, Nutrition Score:13.117391314196%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

## Nutrients (% of daily need)

Calories: 354.85kcal (17.74%), Fat: 17.87g (27.5%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 47.09g (15.7%), Net Carbohydrates: 41.31g (15.02%), Sugar: 19.58g (21.75%), Cholesterol: 3.97mg (1.32%), Sodium: 329.6mg (14.33%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 6.58g (13.15%), Manganese: 1.84mg (91.76%), Fiber: 5.78g (23.13%), Magnesium: 67.03mg (16.76%), Phosphorus: 167.12mg (16.71%), Selenium: 11µg (15.72%), Vitamin B1: 0.23mg (15.04%), Vitamin E: 2.02mg (13.47%), Calcium: 128.17mg (12.82%), Copper: 0.24mg (12.11%), Iron: 2.13mg (11.84%), Vitamin B6: 0.22mg (11.13%), Zinc: 1.61mg (10.74%), Potassium: 364.13mg (10.4%), Vitamin B2: 0.13mg (7.92%), Vitamin K: 7.98µg (7.6%), Folate: 26.51µg (6.63%), Vitamin B3: 1.26mg (6.29%), Vitamin B5: 0.48mg (4.78%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.14µg (2.31%), Vitamin A: 62.19IU (1.24%)