



## Oven Ready Bran Muffins with Walnuts and Dates

 Vegetarian

READY IN



25 min.

SERVINGS



24

CALORIES



548 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup butter softened
- ☐ 2 cups buttermilk
- ☐ 24 servings dates as needed chopped (use more or less )
- ☐ 2 eggs beaten
- ☐ 24 servings optional: icing quick
- ☐ 1 cup brown sugar dark light (I used a mixture of and )

- ☐ 1 teaspoon salt
- ☐ 2.5 cups unbleached flour white
- ☐ 3 cups unprocessed wheat bran (Hodgson Mill)
- ☐ 1.5 teaspoons of vanilla extract
- ☐ 24 servings walnuts as needed toasted chopped (use more or less )
- ☐ 1 cup water boiling

## Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ muffin liners

## Directions

- ☐ Preheat the oven to 400 degrees F. and line as many muffin cups as needed with paper liners. The full batch makes about 2
- ☐ Combine 1 cup of the bran and 1 cup of the boiling water. In a separate bowl blend sugar and butter (I used a handheld mixer for this and creamed the two). Beat in vanilla extract. In another bowl or on a sheet of foil, combine the flour, baking soda and salt.
- ☐ Combine the moistened bran with beaten eggs, the remaining 2 cups of bran and buttermilk, then stir it all into the creamed sugar/butter mixture. With a large mixing spoon, stir in the flour mixture.
- ☐ Place in the refrigerator for future use, or bake at once. To bake, divide evenly among muffins pans or stir the batter before baking and use however much you need. At this point, you can also stir in dates and walnuts. Fill the muffin pans almost to the top and bake for 15 minutes.
- ☐ Let cool completely, then spoon icing over the top if desired. Store any leftover batter in an airtight container.

## Nutrition Facts



 **PROTEIN 6.28%**  **FAT 45.76%**  **CARBS 47.96%**

Properties

Glycemic Index:12.71, Glycemic Load:26.13, Inflammation Score:-6, Nutrition Score:16.406086957973%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 547.61kcal (27.38%), Fat: 29.58g (45.51%), Saturated Fat: 5.68g (35.52%), Carbohydrates: 69.77g (23.26%), Net Carbohydrates: 61.95g (22.53%), Sugar: 47.46g (52.73%), Cholesterol: 26.01mg (8.67%), Sodium: 300.92mg (13.08%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 9.14g (18.28%), Manganese: 2.05mg (102.41%), Copper: 0.65mg (32.43%), Fiber: 7.83g (31.3%), Magnesium: 111.62mg (27.91%), Phosphorus: 239.07mg (23.91%), Selenium: 15.22µg (21.74%), Vitamin B6: 0.33mg (16.35%), Vitamin B2: 0.25mg (14.82%), Potassium: 482.97mg (13.8%), Folate: 50.32µg (12.58%), Iron: 2.25mg (12.48%), Zinc: 1.8mg (12.02%), Vitamin B1: 0.18mg (12.01%), Vitamin B3: 1.93mg (9.64%), Calcium: 83.37mg (8.34%), Vitamin B5: 0.73mg (7.28%), Vitamin E: 0.98mg (6.5%), Vitamin K: 5.84µg (5.56%), Vitamin A: 180.89IU (3.62%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.13µg (2.21%)