

Four-Bowl Banana Bran Muffins

INGREDIENTS

- 2 cups 100% Bran
- 2 cups boiling water
- 4 cups whole wheat flour
- 2 cups unsweetened bran flakes (or other bran cereal)
- 2 tablespoons baking soda
- 2 tsp. salt
- 1/2 cup butter (room temperature)
- 3 eggs (room temperature)
- 2/3 cup brown sugar
- 2/3 cup white sugar
- 2 tsp vanilla
- 2 cups low-fat buttermilk
- 6 ripe bananas mashed
- 2 cups dried fruit such as raisins, cranberries, cherries, or mangoes



DIRECTIONS

1. Preheat oven to 375 and line or grease 2 medium muffin tins.
2. Bowl 1: Pour the boiling water over the bran and set aside to cool.
3. Bowl 2: Sift the flours, baking soda and salt together and then add the bran flakes – mix lightly.
4. Bowl 3: Mash the bananas—set aside.
5. Bowl 4 (your mixer): Cream butter, eggs, sugars and vanilla until light and fluffy – about 3 minutes on medium speed. Add the 100% bran mixture, bananas and the buttermilk. Mix lightly.
6. Fold in the dry ingredients in 2 or 3 parts just until mixed. You don't want to overmix but you want all of the flour to be incorporated.
7. Add the dried fruit and mix lightly. Let mixture sit for 1/2 hour before baking.
8. Fill muffin tins 2/3 full. Bake for 15-17 minutes, depending on your oven.

Recipe by Sarah Remmer

(online source: <http://www.yummymummyclub.ca/blogs/sarah-remmer-the-non-diet-dietitian/20130227/four-bowl-banana-bran-muffins>)