

BLUEBERRY BRAN MUFFINS

SERVES: 12 muffins | **DIFFICULTY:** EASY | **PREP TIME:** 20 MIN | **BAKING TIME:** 20 MIN

INGREDIENTS

- 2 cups wheat bran
- 1 cup oat bran
- 1 cup whole wheat flour
- 2 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp kosher salt
- 2 large eggs
- 2/3 cup whole milk
- 2/3 cup Greek yogurt
- 1/3 cup mild-tasting oil (canola or avocado)
- 1/3 cup sweet molasses
- 1/3 cup honey or maple syrup
- 1 tsp vanilla extract
- 1 1/2 cups frozen blueberries

DIRECTIONS

1. Preheat the oven to 375°F.
2. Grease a muffin tin or line with 12 baking cups.
3. In a large bowl, combine the dry ingredients.
4. In a separate bowl, combine the wet ingredients.
5. Add the wet to the dry and combine with a spatula. Fold in the frozen blueberries.
6. Divide the batter between 12 muffin cups. Don't worry if they appear too full, the batter will not rise much while baking.
7. Bake the muffins for 18 - 20 minutes.
8. Once done, let the muffins cool for 10 minutes and then transfer them to a wire rack to completely cool.
9. The muffins can be stored in an airtight container for a week or in the freezer for 3 months.