

# Bran Muffins

By The Bush Wife

**Preheat Oven to 400 F**  
**12 Parchment Muffin Cups**

## **Ingredients**

*Do all of this work by hand.*

**1 ¼ C Bran**

**1 ⅓ C Milk**

**½ tsp. Vanilla**

**1 ¼ C Whole Wheat Flour**

**½ C Brown Sugar**

**3 tsp. Baking Powder**

**¼ tsp. Salt**

**¼ tsp. Cinnamon**

**1 Egg (large)**

**¼ C Canola Oil**

Line a muffin pan with the muffin cups.

In a large bowl, stir the bran, milk and vanilla until well mixed. Let this stand for five minutes or until the bran has softened. Note: All the milk may not be absorbed by the bran.

In a separate bowl, mix together the whole wheat flour, brown sugar, baking powder, salt, and cinnamon.

In another bowl, beat the egg with a fork. Mix in the Canola Oil.

Mix the bran mixture with the egg and oil mixture.

Stir the dry ingredients into the wet mixture just until moistened. (The batter will be lumpy.)

Fill the muffin cups and bake for 20-35 minutes until done. Remove from the pan right away!

160 Calories each

4 g fiber

Approximately 41 g of calcium