



FOOD DRINK AND CONVERSATION
FROM AROUND THE TABLE

Buttermilk Bran Muffins

1 cup unprocessed wheat bran
2/3 cup unbleached all-purpose flour
2/3 cup whole wheat flour
1 1/4 tsp baking soda
1/8 tsp salt
1 1/4 cup low fat buttermilk
1/2 cup sugar (Kathy suggests Sugar in the Raw, I didn't have it)
1/4 cup unsweetened applesauce
1 large egg
1 1/2 Tbs canola oil
1 tsp vanilla
Optional: 1/2 cup dried fruit or raisins, chopped nuts, 3-4 TBS flax seed

Heat oven to 350 degrees and line muffin tins with paper cups. In a medium bowl, blend bran, flours, baking soda and salt until well combined. Use a whisk to combine all ingredients well or sift them together. Set aside.

In another bowl, using a handheld electric mixer on high speed, beat the buttermilk, sugar, applesauce, egg, oil and vanilla until frothy, about 2 minutes. Make a well in the center of the dry ingredients and pour in the buttermilk mixture. Using a spoon, stir just until combined. Don't over mix. Fold in fruit, nuts or flax.

Divide batter evenly among 12 muffin cups. Bake until the tops spring back when pressed gently in the center, about 18-20 minutes. Do not over bake.