



FOOD DRINK AND CONVERSATION  
FROM AROUND THE TABLE

### **Molasses Bran Muffins**

From Bob's Red Mill

1 cup Wheat Bran  
1 1/2 cups Whole Wheat Flour  
1/2 cup Raisins (Unsulphured)  
1 tsp. Baking Powder  
1 tsp. Baking Soda  
1 cup Milk  
1/2 cup Molasses (or Honey)  
3/4 cup Applesauce  
1/4 cup chopped Nuts (optional)  
2 Tbsp. Oil  
2 Eggs, beaten

Preheat oven to 400°F. Combine wheat bran, flour, baking soda and baking powder. Stir in nuts and raisins. In a separate bowl, blend applesauce, milk, molasses, oil and egg. Add to dry ingredients and stir just until moistened. Spoon into greased muffin tin (or paper muffin cups) and bake for 15-20 minutes. Makes 12 marvelous muffins.

#### **Nutritional Information:**

Serving Size: 1 Muffin

Calories 180, Calories from Fat 50, Total Fat 6g, Saturated Fat 1g, Cholesterol 35mg, Sodium 180mg, Total Carbohydrates 32g, Dietary Fiber 4g, Sugars 14g, Protein 5g.