

## Moist and Fruity Bran Muffins

1 ½ cup Wheat Bran  
1 cup buttermilk (sub 1 cup milk + 1 teaspoon lemon juice)  
1/3 cup vegetable oil  
1 egg  
2/3 cup brown sugar  
1 teaspoon vanilla  
1 cup all purpose flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
½ salt  
½ to 1 teaspoon ground cloves  
1 teaspoon pumpkin pie spice  
1 cup blueberries  
½ cup chopped dates  
½ cup chopped prunes  
½ cup dried cherries  
2 tablespoons oatmeal  
2 tablespoons chopped walnuts

1. Preheat oven to 375°
2. Mix Bran and Buttermilk, let stand
3. Combine oil, egg, brown sugar, vanilla
4. Add to Bran Mixture
5. Sift together flour, baking soda, baking powder, salt, ground cloves, pumpkin pie spice
6. Add to Bran mixture and stir until just blended
7. Add blueberries, dates, prunes, cherries
8. Spoon into prepared muffin tins
9. Sprinkle oatmeal and walnuts on top
  
10. Cook for 17-20 minutes at 375°