

Healthy Raisin Prune Bran Muffins (makes 16 muffins)

1 ½ cup Wheat Bran
1 cup buttermilk (sub 1 cup milk + 1 teaspoon lemon juice)
1/3 cup applesauce
1 egg
1/4 cup brown sugar
1 teaspoon vanilla
1 cup whole wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
½ salt
½ teaspoon ground cloves
1 ½ teaspoon cinnamon
150 g (+/- 1 cup) chopped prunes
½ cup jumbo black raisins

1. Preheat oven to 375°
2. Mix Bran and Buttermilk, let stand
3. Combine applesauce, egg, brown sugar, vanilla (stir with a spoon)
4. Add to Bran Mixture
5. Sift together flour, baking soda, baking powder, salt, ground cloves, cinnamon and add to Bran mixture and stir with a spoon until just blended
6. Add prunes and raisins
7. Spoon into prepared muffin tins
8. Sprinkle sugar crystals on top
9. Cook for 15-17 minutes at 375°

Nutrition Info (1 muffin)

Calories 105
Carbs 22g
Fat .7g
Protein 3g
Potassium 103mg
Sugars 10g
Fiber 4g
Sodium 72mg
Cholesterol 11mg
Calcium 5%
Vitamin C 1%
Vitamin A 4.5%
Iron 6.5%