

raspberry bran muffins

RECIPE COURTESY OF ZOË FRANÇOIS

INGREDIENTS:

- 3 cups (105 grams) bran flakes cereal
- $\frac{3}{4}$ cup whole milk
- 1 $\frac{1}{4}$ cups (163 grams) all-purpose flour
- 1 $\frac{1}{4}$ teaspoons baking soda
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ cup (100 grams) lightly packed brown sugar
- 1 large egg, plus 1 large egg yolk
- $\frac{1}{2}$ cup vegetable mild-flavored oil, such as vegetable oil
- $\frac{1}{2}$ teaspoon pure vanilla extract
- 1 $\frac{1}{2}$ cups raspberries

ACTIVE TIME:

20 minutes

TOTAL TIME:

1 hour and 5 minutes
(includes soaking time)

EASE OF PREPARATION:

Easy

YIELD:

12 muffins

These are my favorite healthy-ish bran muffins that hit the spot all year round. Packed with fiber and fruit, they're a perfect grab-and-go breakfast or snack.

INSTRUCTIONS

1. Preheat the oven to 375°F / 190°C. Prepare a standard muffin tin with 12 paper liners.
2. In a large bowl, soak the cereal and milk for 15 minutes.
3. In a medium bowl, whisk together the flour, baking soda, cinnamon, and salt.
4. In another large bowl, whisk together the honey, brown sugar, egg and yolk, oil, and vanilla extract. Add the soaked cereal mixture and whisk to combine.
5. In a small bowl, toss 1 tablespoon of the flour mixture with the raspberries and set aside.
6. Very gently fold the remaining flour mixture into the cereal mixture, just until combined. Gently fold in the berries.
7. Fill the prepared muffin cups with the batter. Bake for 20 to 25 minutes, or until set on top. Cool slightly before serving warm or at room temperature.