



Apple Bran Muffin

Makes 12 muffins

Ingredients

- 1 cup whole wheat flour
- ½ cup wheat bran
- ¼ tsp. salt
- ½ tsp. baking soda
- ¼ tsp. nutmeg
- ¼ tsp. cinnamon
- ½ cup finely chopped apple
- ¼ cup raisins
- ¼ cup chopped walnuts
- ¾ to 1 cup buttermilk
- 1 beaten egg
- ¼ cup agave
- 1 tbs. olive oil

Preparation

1. Preheat oven to 350 degrees.
2. Grease a 12-cup muffin pan.
3. Toss flour, bran, salt, soda, nutmeg, and cinnamon together with a fork.
4. Stir in apples, raisins, and nuts.
5. Combine the liquid ingredients into a separate bowl.
6. Then stir the liquid ingredients into the dry with a few swift strokes.
7. Pour into greased muffin cups, filling them at least 2/3 full, and bake for 25 minutes.