



## Raisin Wheat Bran Muffin in a Mug

### INGREDIENTS

1/4 cup white whole wheat flour  
1 Tbsp. all-purpose flour  
1 Tbsp wheat bran  
1/4 cup sugar  
1/8 tsp baking soda  
1/8 tsp kosher salt  
1/4 tsp cinnamon  
Pinch of ground cloves  
3 Tbsp milk  
2 Tbsp canola oil  
1/2 tsp molasses  
1/4 tsp vanilla extract  
1/8 cup raisins

### DIRECTIONS

1. Mix together dry ingredients in a large mug, creating a well in the middle.
2. In another bowl, combine wet ingredients. Pour the wet ingredients into the dry ingredients and mix until batter comes together. Fold in raisins.
3. Place a napkin under mug in case there is any overflow and place in the microwave. Microwave each mug for 3 minutes. Remove from microwave and let cool for 1–2 minutes before eating.

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