



Wheat Bran Muffins

INGREDIENTS

1 1/4 cups all-purpose flour
1/4 cup whole wheat flour
1 1/4 teaspoons baking powder
1/2 teaspoon baking soda
3/4 teaspoon salt
1 1/4 teaspoons cinnamon
3/4 teaspoon ground allspice
1/2 teaspoon freshly grated nutmeg

7 tablespoons unsalted butter, softened
1/2 + 1/8 cup dark brown sugar
2 large eggs
2 1/2 teaspoons vanilla extract
3 tablespoons unsulphured molasses
1/4 cup sour cream
1 cup + 3 tbsps. buttermilk
1 1/2 cups wheat bran
1 cup raisins

DIRECTIONS

1. Pre-heat oven to 375 degrees F.
2. Beat butter in large bowl using electric mixer. Add brown sugar and beat until well mixed. Add

- eggs one at a time, beating thoroughly before adding the next. Beat in vanilla, molasses, and sour cream until thoroughly combined and creamy.
3. Using low speed, beat in buttermilk and half the flour mixture until combined. Beat in remaining flour mixture until incorporated and slightly curdled looking, about 1 minute longer, scraping sides of bowl as necessary. Stir in bran and raisins.
 4. Grease muffins tin (18 for standard size muffins). Use a 2 oz. ice cream scoop to fill muffin tins. Bake at 375 degrees F for about 25 minute, or until the top of the muffins are set. Set on wire rack to cool slightly, about 5 minute Remove muffins from tin.
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