

Molasses Spice Cranberry Bran Muffins

From the kitchen of Sanctuary Farm & Rest House

Makes 24 Muffins

15-18 minutes at 400°

Preheat oven to 400°.

In a large bowl, combine thoroughly and let stand for 10-15 minutes:

1 2/3 c. wheat bran

1 c. boiling water (make a pot of tea to enjoy with the muffins?)

Set aside so that the bran absorbs the water.

In another large bowl, mix thoroughly:

1 ¾ c. whole wheat flour

½ c. white/all purpose flour

2 ½ tsp. baking soda

½ tsp. salt

½-3/4 tsp. ground nutmeg

½-3/4 tsp. ground cloves (or substitute both spices for 1-2 tsp. pumpkin pie spice)

Set dry mixture aside. Enjoy a cup of tea & line muffin tins while waiting for the 15 minutes to be up. 😊

Whisk into the bran mixture:

1 c. molasses

A drizzle of honey (optional)

6 Tbsp. grape seed or other healthy oil

¼ c. dark brown sugar (reduce as needed)

Then whisk in:

2 eggs

Stir in:

1 c. dried cranberries

Add dry ingredient mixture to bran-egg-cranberry mixture and stir just enough to moisten flour. Batter will be very thick but also runny. Divide mixture between 24 muffin cups. Bake 15-18 minutes until toothpick comes out clean. Let cool for 2-3 minutes before removing from pans to serve warm, or to cool on a rack. These are very good with butter or plain.

Notes

- Set a timer for this muffin, as the dark brown color isn't a good indicator of done-ness.
- The moisture content means they spoil quickly in hot weather so store them in the freezer or refrigerator if they won't be eaten in about three days.
- Or store batter in refrigerator for up to 1 week and bake as needed.