



## Bran Muffins

You can mix this muffin batter and keep it in the refrigerator to have on hand to make delicious hot muffins for breakfast. This recipe has less sugar and more fiber than any other bran muffin recipe I know.

¾ c.	cup organic granulated white sugar	250 mL
1 c.	unsweetened natural applesauce	250 mL
10	egg whites	
1/3 c.	molasses	75 mL
3 c.	skim/fat free milk	750 mL
5 c.	natural bran	1.25 L
3 c.	whole wheat flour	750 mL
2 tsp	baking powder	10 mL
2 tsp	baking soda	10 mL
Dash	salt (optional)	
1 c.	raisins or dates	250 mL

In large bowl, beat together applesauce, sugar, and eggs until well mixed. Add remaining ingredients and stir until combined. Cover, and refrigerate and use the next morning.

Spoon the batter into paper-lined or muffin tins coated with flour. Bake at 425 F/220 C oven for 15 to 20 minutes or until firm to the touch. Makes 24 large muffins or 48 medium muffins.

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