

Whole Wheat Blueberry Bran Muffins



By Chef Lacey Lee Berry

INGREDIENTS:

- 1 ½ cups wheat bran
- 2 cups fresh ground whole-wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- ½ teaspoon real salt
- ½ cup packed brown sugar or ⅓ cup Xagave
- 1 large egg, slightly beaten and room temperature
- ⅓ cup molasses
- ¼ cup unsalted butter, melted and cooled
- 1 ½ cups buttermilk
- 1 cup blueberries, toss with a little bit of powdered sugar or flour to prevent sinking

INSTRUCTIONS:

In a large bowl stir together with a whisk all the dry ingredients until completely combined. In a separate bowl combine egg, molasses, and butter. Add the buttermilk to this. Pour all liquids in with the dry mixture until combined. Do NOT over mix. Fold in blueberries. Bake in a preheated 375° oven for 20-25 minutes. Edges will be firm and centers should be soft. Freeze any extra muffins in a freezer bag for up to 2 months.

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