

Contact Cooking Matters: Email: Cookingmatters@owu.edu
Check out our socials @OWUnutrition on:
Tiktok, Instagram, Youtube

Bran Muffins

Ingredients

- 1.5 C oat bran
- 1 cup buttermilk (or 1 cup almond milk with 1 tbsp lemon juice)
- 1/3 cup vegetable/canola oil
- 1 egg (or 1 tbsp chia seeds with 2.5 tbsp water)
- 2/3 cup brown sugar
- 1/2 tsp vanilla extract
- 1 cup flour (all-purpose, whole wheat, or gluten-free)
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 cup raisins and/or chocolate chips

Directions

1. Preheat the oven to 375°F. Grease muffin cups or line with muffin liners.
2. Mix together wheat bran and buttermilk and let stand for 10 minutes while you mix the other ingredients together.
3. Beat together oil, egg, sugar and vanilla and add to the buttermilk mixture. Sift together flour, baking powder, baking soda and salt. Stir flour mixture into buttermilk mixture until just blended. Fold in chocolate chips/raisins and spoon batter into muffin tins. Fill until they are about 3/4 full. Should make 12 muffins
4. Bake for 15-20 minutes, or until a toothpick inserted in the center comes out clean. Cool and enjoy.

Materials needed: Liquid measuring cup, small bowl, large bowl, 2 spatulas, whisk, muffin tin, toothpick or fork