

Not Your Typical Bran Muffin

Makes 24 muffins

2 cups	wheat bran
1 ½ cups	boiling water
½ cup	non-hydrogenated margarine or Canola oil
1 cup	sugar
2	eggs
2 cups	buttermilk 2% MF or less
2 ½ tsp	baking soda
1 cup	wheat bran
½ tsp	salt
2 ½ cups	whole wheat flour
¾ cup	raisins
1	carrot, grated
	Zest of 1 orange
½ cup	walnut pieces or other nuts and seeds (optional)

1. Pre-heat oven to 375 F.
2. Pour boiling water over 2 cups of the wheat bran.
3. Whisk together non-hydrogenated margarine, sugar and egg to incorporate air.
4. Stir in buttermilk and baking soda, add wet bran, 1 cup of wheat bran and salt.
5. Add raisins, carrot and orange zest, as well as walnuts.
6. Add flour and stir only until moist.
7. Pour into greased or lined muffin tins.
8. Bake for 22 to 25 minutes.