

# Blueberry Bran Muffins

Makes 10 large muffins (or 12 standard sized muffins)



## Ingredients

- 1 cup all-purpose flour
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{2}$  cup canola oil
- $\frac{3}{4}$  cup Greek yogurt
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  cup honey
- 2 large eggs, lightly beaten
- 1 teaspoon pure vanilla extract
- 2  $\frac{1}{2}$  cups wheat bran
- 1  $\frac{1}{2}$  cups fresh blueberries

## Steps

1. Preheat oven to 350°F. Line a standard muffin pan/tin with paper liners (or spray well with non-stick spray).
2. In a medium bowl whisk together the flour, baking powder, baking soda, cinnamon and salt.
3. In a large bowl whisk together the oil, yogurt, sugar, honey, eggs and vanilla extract. Add the dry ingredients and stir until just combined (do not overmix). Stir in the wheat bran and bran flakes. Gently fold in the blueberries.
4. Scoop the batter into the muffin tin with a large cookie or ice cream scoop. Bake for 25 - 30 minutes or until the tops are golden brown and a toothpick comes out clean when inserted in the center.
5. Let muffins cool for 10 minutes before removing them from the pan. These are best eaten the day of but will keep for a few days stored in an airtight container.