



**Recipe of the Month - January 2015**



**Cranberry Apple Bran Muffins**

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If you have some left over cranberries, this is a great recipe to use them up and start 2015 with a healthy treat.

**INGREDIENTS:**

1 1/2 cups All-Bran Original cereal	1 cup milk (1%)
1 cup all-purpose flour	1/2 cup lightly packed brown sugar
4 tsp baking powder	1 tsp ground cinnamon
1/2 tsp nutmeg	1/2 tsp salt
2 eggs	1/4 cup canola oil
3/4 cup chopped, frozen cranberries (do not thaw)	
3/4 cup diced McIntosh apple (not peeled - 1/4" dice)	

**DIRECTIONS:**

1. In a medium bowl, combine cereal and milk. Let stand for 2 minutes for until cereal softens.
2. In a large bowl, combine flour, sugar, baking powder, cinnamon, nutmeg and salt. Set aside.
3. Add eggs and oil to cereal mixture; beat well. Add liquid mixture to dry ingredients, stir only until just combined. Fold in cranberries and apple. Portion batter evenly into 12 (2 1/2") non-stick muffin pan cups, lightly coated with cooking spray.
4. Bake in 400F (200C) oven for 20 minutes or until tops spring back when lightly touched.

**TIP:** We like the sweetness of McIntosh apples to balance the tanginess of the cranberries in these muffins. If you prefer a more tart combination, choose an apple variety such as Empire or Spy.