

Inge's Healthy Blueberry Muffins

Ingredients:

1-1/2 cups wheat bran
1 cup skim milk
1/2 cup unsweetened applesauce
1 egg
2/3 cup brown sugar
1/2 tsp vanilla extract
1/2 cup all purpose flour
1/2 cup whole wheat flour
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
Dash of cinnamon (optional)
1 cup blueberries

Directions:

Preheat oven to 375F. Grease muffin cups or use paper liners.

Mix together wheat bran and milk and let stand for 10 minutes.

In a large bowl, mix together applesauce, egg, brown sugar and vanilla. Beat in bran mixture.

Sift together all purpose flour, whole wheat flour, baking soda, baking powder, salt and cinnamon (if using). Stir into the bran mixture until just blended. Fold in blueberries.

Scoop into muffin cups. Bake in preheated oven for 15-20 minutes.