

Jen's Fibre Power Muffins ***(and they're delicious too)***

I usually make this recipe at 2.5 times the ingredient list to use up all of the pumpkin purée in a can, and most of the buttermilk. They freeze beautifully.

Ingredients:

1 cup buttermilk
1 cup pumpkin purée
1 cup dark brown sugar
1 egg (omega 3)
½ cup Kellogg's All Bran Buds cereal
1 ¼ cup whole wheat flour
½ cup wheat bran
¾ cup ground flaxseed
2 tbsp wheat germ
2 tbsp cinnamon
2 tbsp cocoa powder
1 ½ tsp baking powder
1 tsp baking soda
Pinch of cayenne powder (trust me this is fantastic!)
½ + cup chopped dark chocolate (at least 30% cocoa content or more)
1 cup dried cranberries (optional)

Directions:

Preheat oven to 400F. Line muffin pan with paper cup liners or coat with non-stick spray.

In a large bowl mix together all of the wet ingredients. Let sit for 5 minutes

In a medium bowl whisk together all of the dry ingredients.

Add the wet ingredients to the dry and mix until combined. Scoop into muffin cups.

Bake for 20 to 25 minutes or until done.