



RECIPES

Apricot Bran Muffins

INGREDIENTS:

2 cups dry oat bran
¼ cup brown sugar
1 tablespoon baking powder
2 medium egg whites
1 cup buttermilk
½ cup unsweetened applesauce
1/3 cup molasses
¾ cup dried apricots, finely chopped or other dried fruit of your choice

INSTRUCTIONS:

1. Preheat oven to 450°F. Spray muffin tin with non-stick pan and set aside.
2. In a large bowl, mix the oat bran, brown sugar, and baking powder. Make a well in the center of the mixture.
3. In another bowl, beat egg whites until foamy. Stir in buttermilk and molasses. Add buttermilk mixture to oat bran mixture and stir just until moistened. Fold in the applesauce and apricots.
4. Spoon the batter into muffin tin. Bake until golden brown, 10-12 minutes. Remove from oven, cool 2 minutes. Remove muffins from tin and cool on wire rack. Don't let them sit too long in the tin as they will be hard to get out.

Makes 12 muffins. Muffins freeze well

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