

Mariby Corpening's Bran-Apple Muffins

Yields: 3 dozen Muffins

Ingredients

Dry Mix

3 Cups All-Purpose Flour (sifted)
2 tsp Baking Soda
1 tsp Salt
1 Tbls Cinnamon (ground)
2 tsp Ginger (ground)
1/2 tsp Cloves (ground)
1/4 tsp Nutmeg (ground)

Wet Mix

1 cup Raisin Bran Cereal
2 sticks (1 cup) Butter (melted)
2 Cups Sugar
2 Tbls Molasses
2 tsp Vanilla Extract
4 Eggs
1 Tbls Fresh Ginger (graded)

Fold In

1 cup Yogurt
6 Roasted Apples (sliced)
2 cups Raisin Bran (dry flakes)
1 cup Walnuts, Pecans and/or other
nut(s) (chopped)

(If Preferred)

Honey Butter (Drizzle)

1 stick Butter
2 Tbls Honey

Instructions

- Preheat Oven to 450
- Slice in medium chunks and season apples with sugar, cinnamon and drizzle with butter
- Place apples on sheet pan and roast for 30 minutes (or sautee in a fry pan)
- Once Apples are cooked, re-heat oven to 400
- Oil Spray muffin tins and set aside
- In medium bowl, whisk together Dry Mix (flour, baking soda, salt, cinnamon, ground ginger, cloves & nutmeg)
- In separate bowl, melt butter, then mix in 1 cup of Raisin Bran (to wetten flakes)
- Add in the remaining Wet Mix ingredients (sugar, molasses, vanilla, eggs & graded ginger)
- Combine together Dry and Wet Mixes
- Fold in yogurt, roasted/sautéed apples and chopped nuts
[for better nut flavor, toast or roast nuts with a little butter & salt]
- Pour batter into prepared muffin tin(s)
- Bake (rotating on bottom rack) for 30-40 minutes or until tooth pick comes out clean
- Cool for at least 10 minutes

Note: Can be drizzled with Honey-Butter