

Published September 16th, 2009

Carrot-Bran Muffins



Carrot-bran muffin Photo Susie Iventosch

(Makes 8-10 mini-Bundt pan muffins)

INGREDIENTS

1 1/4 cups milk
2 cups bran cereal (I've used anything from crushed bran flakes or All-Bran to Fiber One)
1/4 cup canola oil
2 eggs, beaten
1 3/4 cups shredded carrots (about 2 medium-large carrots)
1/2 cup raisins or currants
1/2 cup walnuts or pecans, coarsely chopped
1/3 cup unsweetened, fine macaroon or baking coconut
1 1/4 cups all-purpose flour
1/3 cup brown sugar, packed
1/4 cup granulated sugar
2 teaspoons baking powder
1 teaspoon baking soda
2 teaspoons cinnamon
1/2 teaspoon salt

Optional additional spices: 1/8 teaspoon nutmeg, cardamom or cloves, or try all three!

DIRECTIONS

Combine cereal, eggs, milk and oil in a large bowl and let soak about 10 minutes. Then add carrots, raisins and coconut. Mix well.

In a separate bowl, mix all dry ingredients together. Add the cereal mixture and stir just until combined. Grease or spray Bundt pans or line muffin pans with paper cups. Fill about 2/3 full and bake in 350 degree oven 18-20 minutes or until toothpick comes out clean when inserted. Plan on two baking sessions since the mini-Bundt pans bake just six muffins at a time.

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