

Bran Muffins

(C, D, N, S)

Ingredients

1 cup wheat bran	1 ½ tsp baking soda
½ cup oat bran	1 ½ tsp baking powder
1 cup almond, hemp or rice milk	¾ tsp salt
1 egg (beaten)	1 tsp ginger
¾ cup unsweetened applesauce	Dash nutmeg
¼ cup molasses (can add more if you like)	1 cup fresh or frozen berries
1 cup whole wheat flour (or substitute flour)	½ cup dried currents

Directions

1. Preheat oven to 350°F
2. Grease or line muffin tin with paper cups
3. Mix the first 5 ingredients thoroughly
4. Add all remaining ingredients and mix
5. Bake approximately 25min or until golden brown

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