

Saskatoon Bran Muffins

Ingredients

- 1 ½ cups wheat bran
- 1 cup cashew milk
- 1/3 cup vegetable oil
- 1/3 cup apple sauce
- 2/3 cups brown sugar
- ½ tsp vanilla extract
- 1 cup all purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- 1 cup Saskatoon berries



Instructions

1. Preheat oven to 375°F (190°C). Grease muffin cups or line with paper muffin liners.
2. Mix together wheat bran and milk; let stand for 10 minutes.
3. Beat together oil, apple sauce, sugar and vanilla and add to milk/bran mixture. Sift together flour, baking soda, baking powder and salt. Stir flour mixture into milk mixture, until just blended. Fold in saskatoon berries and spoon batter into prepared muffin tins.
4. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Cool and enjoy!

Source: Travis Dziwenka, Reporting

