

## CHUNKY BANANA BRAN MUFFINS

*(adapted from Ina Garten, FoodTV Network)*

1 cup unprocessed wheat bran  
1 cup buttermilk (shaken)  
4 tablespoons unsalted butter, at room temperature  
1/4 cup light brown sugar, lightly packed  
2 + 1/2 large eggs, at room temperature  
3 tablespoons molasses  
2 tablespoons agave nectar  
1 teaspoon grated orange zest  
1/2 teaspoon pure vanilla extract  
1 + 1/2 cups all-purpose flour  
3/4 teaspoon baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon kosher salt  
1 cup mixed dried raisins, blueberries, cranberries  
1 cup large-diced bananas  
1/2 cup chopped walnuts

Preheat the oven to 350 degrees F. Place paper liners into a muffin tin.

Combine the bran and buttermilk and set aside. Cream the butter and sugar in the bowl of an electric mixer for about 5 minutes, until light and fluffy. With the mixer on low, add the eggs, one at a time. Scrape the bowl and then add the molasses, agave nectar, orange zest, and vanilla. (The mixture will look curdled.) Add the bran/buttermilk mixture and combine.

In a separate bowl, sift together the flour, baking powder, baking soda, and salt. With the mixer on low speed, slowly add the flour mixture to the batter just until combined. Fold in the dried fruits, bananas and walnuts with a rubber spatula.

Fill the muffin cups to the top and bake for 25 to 30 minutes, until a cake tester comes out clean.