

BUTTERMILK BRAN MUFFINS

(from [Pastry Studio](#))

Makes 16 muffins

1 cup (8 oz) buttermilk at room temperature
1 cup (2 oz) wheat bran
1/2 cup + 2 tablespoons (89 grams) all-purpose flour
1/2 cup + 2 tablespoons (89 grams) whole wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
3/4 teaspoon cinnamon
1/4 cup + 2 tablespoons (3 oz) canola oil
1/2 cup (3 1/2 oz) dark brown sugar, packed
1/4 cup (2 1/4 oz) molasses
2 tablespoons (1 oz) honey
2 eggs at room temperature
1 1/2 teaspoons vanilla
zest of 1/2 orange
1/2 cup (2 1/2 oz) raisins, chopped
1/2 cup (1 3/4 oz) pecans, chopped

Heat oven to 350 degrees F. Grease 16 wells in standard size muffin tins or use paper liners.

Place the buttermilk and bran in a bowl and stir to combine. Set aside.

Sift both flours, baking soda, baking powder, salt and cinnamon. Set aside.

In another bowl big enough to hold all the ingredients, whisk the oil, brown sugar, molasses and honey. Add the eggs and combine thoroughly. Mix in the vanilla and orange zest. Add the bran and buttermilk mixture. Whisk in the flour mixture just until there are no streaks. Do not over mix. Fold in the raisins and pecans.

Divide the batter equally in the prepared muffin cups. Bake until the muffins spring back when pressed gently in the center or a tester inserted comes out clean, about 13 minutes. Place on a wire rack to cool for 10 minutes. Use a small thin knife or small metal spatula to remove from the pan. Cool completely.

(I made half the recipe and that was enough for 7 regular-size muffins)