

## **BRAN MUFFINS WITH WALNUTS AND RAISINS**

*(adapted from Heidi Swanson's recipe)*

1 cup bran flake cereal  
12 ounces full-fat yogurt  
8 tablespoons unsalted butter, melted  
1/2 cup all-purpose flour  
1/2 cup whole wheat flour  
1/2 cup wheat germ  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/4 teaspoon salt  
4 tablespoons sugar  
2 large eggs  
4 tablespoons honey  
1/2 cup raisins  
1/2 cup diced walnuts, slightly toasted

Heat the oven to 400, and line 6 cups of a jumbo muffin pan with paper liners or grease them with butter.

In a small bowl, combine the cereal, yogurt and melted butter. Stir together very well, and let the cereal soak while you work with the dry ingredients. Whisk together the flours, wheat germ, baking soda, baking powder, salt and sugar.

Stir the eggs and honey into the bowl with the bran cereal, then stir in the dry ingredients. Gently add the raisins and walnuts. Divide the batter between the muffin cups and bake for about 22 minutes. Let the muffins cool in the pan for a couple of minutes, then move them to a wire rack to cool completely.