

Cranberry Bran Muffins

Makes 12 Muffins

www.parisgraycreative.com/cranberry-bran-muffins

Ingredients

- Coconut oil or baking spray, for greasing
- (1 1/2 Cups) bran flake cereal
- (1 Cup) boiling water
- (1/4 Cup) unsalted butter, melted and cooled for 5 minutes
- (1/4 Cup) brown sugar
- (1 Cup) buttermilk
- (1) large egg
- (1 1/4 Cups) all-purpose flour
- (1 1/4 tsp) baking soda
- (1/4 tsp) salt
- (1/2 tsp) ground ginger
- (1/2 Cup) dried cranberries

Directions

1. Preheat the oven to 400°F. Grease a 12-cup muffin tin with coconut oil or baking spray.
2. In a small bowl, combine the bran cereal and boiling water and let sit for 5-10 minutes without stirring. It will turn to mush.
3. In a large bowl, whisk together the melted butter and sugar. Then whisk in the buttermilk and egg. Finally, whisk in the flour, baking soda, salt, and ginger.
4. Add the bran cereal mush and mix with a spoon.
5. Add the dried cranberries and mix until combined. Let the batter stand at room temperature for about 10 minutes. Then stir the batter and divide into muffin tins.
6. Bake for 20 minutes. Remove muffins from the pan and cool on a wire rack.

Notes & Recommendations

- I like the thin-flake texture of [Grain Berry Bran Flakes](#), but there are so many great bran cereals available and any will work.
- You can make your own buttermilk using (1 Cup) of whole, 1%, or 2% milk + (1 TB) lemon juice or apple cider vinegar and let it sit for 10 minutes. It will turn into a thick, chunky-looking milk (buttermilk!). I have done this 99% of the time I make these muffins because I find that this substitute is easier than having a carton of buttermilk on hand just for this recipe. I have also used almond milk in place of dairy milk many times and it produced a great buttermilk *and* amazing muffins.

To Refrigerate or Freeze

Refrigerate for up to 5 days.

Freeze for up to 3 months.

For short-term freezer storage (less than a month), place in a freezer Ziploc or plastic freezer-safe tupperware.

For longer freezer storage and to prevent freezer burn, wrap individual servings of 1 or 2 muffins in parchment paper, then in plastic wrap, and place in a freezer Ziploc. Thaw and microwave to reheat directly in the parchment paper.

To Thaw & Reheat

Reheating from fridge - microwave for 20 seconds, and add 10-15 seconds at a time as needed.

Reheating from frozen - microwave for 1 minute at 50% power, then 10-15 second increments at full power until heated through.