

This is the recipe for the muffins that we enjoyed at Pretty Lake Sewing Retreat in October. It is a healthful food that everyone seems to like, and you can customize the recipe to suit your particular preferences of dried fruits, nuts.

MELT IN YOUR MOUTH MUFFINS

From Prevention magazine, listed as Cancer Fighters

1½ cups oat bran
1 cup all-purpose flour
1 cup ground flaxseed
1 cup wheat bran
1 tablespoon baking powder
½ teaspoon salt
1 cup brown sugar
1 cup buttermilk
2 oranges, quartered & seeded
½ cup canola oil
2 eggs
1 teaspoon baking soda
1 ½ cups golden raisins
nuts (optional)

- Preheat oven to 375 degrees. Prepare two 12-cup muffin pans with paper liners or spray.
- In large bowl, combine oat bran, flour, flaxseed, wheat bran, baking powder & salt. Set aside.
- In food processor, combine oranges, brown sugar, buttermilk, oil, eggs and baking soda. Blend well. May need to do in two batches and then combine them well.
- Pour orange mixture into dry ingredients. Mix until well-blended. Stir in raisins and nuts.
- Divide batter among muffin cups. Bake for 18-20 minutes. Cool in pans for 5 minutes before removing to a cooling rack.
- Per muffin: 186 calories; 4 gr. Protein; 30 gr. Carbohydrates; 8 gr. Fat; 18 mg. cholesterol; 3 gr. Fiber; 140 mg. sodium.
- May be frozen without losing quality.

My Notes:

- If the oranges (Navel) are large, use two; if they are medium, use three. Cut off the stem end and the pithy center, but otherwise use the whole orange as the peel adds lots of flavor and fiber. Look for fresh, heavy fruit – not a lot of pith and lots of juice.
- I use Hogsden Mills oat bran and like the texture it gives the muffin.
- Instead of golden raisins (which are delicious) try Craisins (dried cranberries) or dried cherries. I like to add nuts – your choice.