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Bran New!

By Susie Iventosch



Carrot-bran muffin Photo Susie Iventosch

Mith the kids back in school, it's a great idea to have healthy breakfast treats ready for early mornings or to tuck into the lunch box. While some bran muffins can be dry, the use of shredded carrots makes these muffins moist and delicious. They are pretty darn healthy, too. There is very little oil and the use of coconut lessens the dependence on so much sugar for sweetening. Don't worry if you don't like coconut, it is really hard to detect in these muffins. In fact, if you weren't the cook, you might not even know it's there! Nuts are optional.

The mini-Bundt pans allow these muffins to cook evenly without making the tops too well-done. Across the Way carries the nonstick mini-fluted Bundt pans for \$13.99. They are located at 1480-G Moraga Road in Moraga and their phone number is (925) 376-3600.

(Makes 8-10 mini-Bundt pan muffins)

INGREDIENTS

1 1/4 cups milk
 2 cups bran cereal (I've used anything from crushed bran flakes or All-Bran to Fiber One)
 1/4 cup canola oil
 2 eggs, beaten
 1 3/4 cups shredded carrots (about 2 medium-large carrots)
 1/2 cup raisins or currants
 1/2 cup walnuts or pecans, coarsely chopped
 1/3 cup unsweetened, fine macaroon or baking coconut
 1 1/4 cups all-purpose flour
 1/3 cup brown sugar, packed
 1/4 cup granulated sugar
 2 teaspoons baking powder
 1 teaspoon baking soda
 2 teaspoons cinnamon
 1/2 teaspoon salt
 Optional additional spices: 1/8 teaspoon nutmeg, cardamom or cloves, or try all three!

DIRECTIONS

Combine cereal, eggs, milk and oil in a large bowl and let soak about 10 minutes. Then add carrots, raisins and coconut. Mix well.

In a separate bowl, mix all dry ingredients together. Add the cereal mixture and stir just until combined. Grease or spray Bundt pans or line muffin pans with paper cups. Fill about 2/3 full and bake in 350 degree oven 18-20 minutes or until toothpick comes out clean when inserted. Plan on two baking sessions since the mini-Bundt pans bake just six muffins at a time.

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