



The Best Bran Muffins

Makes 12 muffins

Ingredients

- 1 1/4 cups bleached all-purpose flour
- 1/4 cup whole wheat flour (I use King Arthur white whole wheat flour)
- 1 1/4 tsp. non-aluminum baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. table salt
- 1 1/2 generous tsp. ground cinnamon
- 3/4 tsp. grated nutmeg
- 7 Tbsp butter, softened
- 1/2 cup plus 2 Tbsp dark brown sugar
- 2 large eggs
- 2 1/2 tsp. vanilla extract
- 3 Tbsp unsulphured molasses
- 1/4 cup sour cream
- 1 cup plus 3 Tbsp buttermilk
- 1 1/2 cups wheat bran* (Bob's Red Mill is my favorite)
- 1 cup dried cherries**

*Wheat bran is available at health foods stores or at supermarkets in boxes labeled Quaker Unprocessed Bran.

**I order 5 lb boxes of these [online](#). They do have added sugar but lots less than raisins or other cherries I've found, and I keep them in my freezer for at least six months.

Instructions

Adjust oven rack to lower middle position and preheat oven to 375 degrees.

Mix flour through nutmeg in medium bowl; set aside.

Beat butter in large bowl with a handheld mixer at medium speed until light and fluffy, one to two minutes. Add brown sugar, increase speed to medium-high, and beat until combined and fluffy, about one minute longer. Add eggs one at a time, beating thoroughly before adding the next. Beat in vanilla, molasses, and sour cream until thoroughly combined and creamy, about one minute longer. Reduce speed to low; beat in buttermilk and half the flour mixture until combined, about one minute. Beat in

remaining flour mixture until incorporated and slightly curdled looking, about one minute longer, scraping sides of bowl as necessary. Stir in bran and raisins.

Spray a twelve mold muffin tin (each muffin mold measuring 1/2 cup) with Pam or smear well with butter . Divide batter evenly among molds using a spoon or ice cream scoop. I spray the ice cream scoop with Pam and this makes the batter slide out easily. Even out the tops of the muffins, and bake until a toothpick inserted into center withdraws cleanly or with a few moist particles adhering to it. I baked mine for about 22 minutes in my oven.

Set the muffin tin on a cooling rack to cool slightly, about five minutes. Lift each muffin and place it on its side in the tin. In another five minutes remove muffins from the tin and cool completely.

Serve warm with whipped cream cheese (beat 8 ounces of plain cream cheese with a couple tablespoons of milk and store in the refrigerator for up to three weeks).

Enjoy! And remember, these are addictive.

PS - I have made mini bite sized muffins as well and they are great - you need to reduce the cooking time (obviously) if these are made into minis - start checking them at 12 minutes. But I don't bother with the minis any more - who am I trying to kid...I need a whole muffin!