



Hearty Whole Grain Muffins

Oscar · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

55 mins

Description

These muffins are delicious My very very picky son loves them for breakfast and doesnt even realize they are full of good things for him You can easily substitute the grains in the recipe for whatever you prefer or have on hand

Ingredients

- - ½ cup raisins - 1 cup all-purpose flour - 1 cup whole wheat flour - ? cup white sugar - 2 teaspoons baking powder - ½ teaspoon baking soda - 1 teaspoon salt - 1 tablespoon ground cinnamon - 1 teaspoon ground allspice - ½ cup nonfat dry milk powder - ¼ cup toasted wheat germ - ¼ cup wheat bran - 3 tablespoons uncooked farina hot cereal (such as Cream of Wheat®) - 3 egg whites - 1 ¼ cups unsweetened applesauce - 1 large carrot
- peeled and shredded - ? cup vegetable oil - ¼ cup bran cereal - 3 tablespoons raw sugar

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Line 18 muffin cups with paper liners. In a small bowl
2. cover the raisins with water
3. and set aside to plump. In a large mixing bowl
4. whisk together the all-purpose flour
5. whole wheat flour
6. sugar
7. baking powder
8. baking soda
9. salt
10. cinnamon
11. allspice
12. dry milk powder
13. wheat bran
14. and farina cereal until thoroughly combined. Drain water from the raisins. In a separate bowl
15. beat the egg whites until frothy
16. then mix in the drained raisins
17. applesauce
18. carrot
19. vegetable oil
20. and bran cereal. Pour the liquid ingredients into the flour mixture
21. and briefly mix just to moisten (do not overmix). Fill muffin cups about 2/3 full
22. and sprinkle each muffin with about 1/2 teaspoon of raw sugar. Bake in the preheated oven until the muffins are set and the tops are golden brown
23. 25 to 30 minutes. A toothpick inserted into the center of a muffin should come out clean. Serve warm. Cook's Note Can easily freeze leftovers in a large resealable plastic bag. I pull one out and reheat for 30 seconds in the microwave for a quick and easy breakfast.