

Spiced Bran Muffins

Ingredients

2 cups all-purpose flour
1/2 (one-half) cup soy flour
2 teaspoons baking soda
1 teaspoon ground cinnamon
1/4 (one-quarter) teaspoon ground nutmeg
1/8 teaspoon ground allspice
1 teaspoon salt
2 cups toasted wheat bran cereal (such as Wheat Chex)
3/4 (three-quarters) cup dried figs, chopped
1 cup boiling water
1/2 (one-half) cup butter, softened
1 cup sugar
1/2 (one-half) cup honey or maple syrup
2 eggs
2 cups buttermilk or soy sour milk

Method

Preheat oven to 400 degrees. Line 24 muffin cups with muffin papers. Stir flours, baking soda, spices, and salt in a small bowl to blend. Combine bran cereal and figs in a small bowl and add boiling water and let stand. Beat butter in a large bowl until creamy. Gradually beat in sugar and honey. Beat in eggs one at a time. Alternately, add buttermilk and flour mixtures blending after each. Mix in bran and figs. Divide batter among lined muffin cups. Bake 20 minutes or until tester inserted into the center comes out clean. Turn muffins out onto cooling rack. Cool completely. Yields 24.

Note

<http://www.thesoyfoodscouncil.com/recipes/spicedbranmuffins.html>