

Sarah's Healing Touch

Blueberry Bran Muffins



Ingredients

- 2 Eggs
- 1 1/2 C. Buttermilk
- 1/2 C. Coconut oil, melted and slightly cooled (although still liquid)□
- 1 1/2 t. Real salt
- 2 t. Baking soda
- 2 t. Vanilla extract
- 1 T. Fresh lemon zest
- 3/4 C. Sucanat
- 2 C. Wheat Bran
- 2 1/4 C. Whole-wheat pastry flour
- 2 C. fresh or frozen blueberries (if frozen let slightly thaw)
- 1 C. Pecan halves, optional (for the tops)
- Muffin liners

Directions

Preheat the oven to 350 °F. Whisk together the eggs, buttermilk, coconut oil, salt, baking soda, vanilla extract, lemon zest and sucanat. Stir in the bran flour and mix well until thoroughly combined. The batter should be pretty stiff at this point. Carefully fold in the blueberries.

Butter 12 standard-size muffin cups liberally. Fill each to the very top with batter. Scatter the tops of the muffins with the pecan pieces, if desired. Bake for 25-30 minutes or until the tops are firm and slightly brown. Let cool 10-15 minutes before eating. Serve warm or cover and store at room temperature for up to 3 days.

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