



Bran Muffins

Adapted from [The Muffin Myth](#)

BAH Note: There's nothing fussy about these muffins. They are full of wheat bran which I was readily able to find in the grocery store. Look for Bob's Red Mill brand. I think they are the bran muffin equivalent of a blank canvas...sturdy and up for the job but they aren't out to wow you. So you might want to add in some fresh fruit and spices you like to give them a little something special.

Advantium Tip: To modify the recipe below for use in your Advantium, place the metal cooking tray on the turntable (instead of the glass tray) and install the wire rack in the bottom position. Select Convection Bake from the menu and set the temperature to 380 degrees. You will want to start checking for doneness after about 15 minutes. Depending on how full you've filled your cups, the muffins should be done in approximately 16 to 18 minutes.

- 1 cup applesauce
- 1/2 cup brown sugar
- 2 eggs
- 3 cups wheat bran
- 1 cup milk
- 1 cup water
- 1 teaspoon vanilla extract
- 1 cup all purpose flour
- 1 cup white whole wheat flour
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1/2 teaspoon kosher salt

Heat your oven to 400 degrees and line approximately 18 muffin cups with liners. Mix the applesauce, brown sugar, eggs, milk, water, and vanilla together in a large bowl. Combine the wheat bran, flours, baking soda, baking powder, and salt in another bowl. Add the dry ingredients to the wet and stir until just combined.

Using an ice cream scoop, fill your muffin cups (the muffin myth said she got 12 out of the recipe but I made mine a bit smaller and got about 18) and bake for 20 minutes or until the tops are firm. Cool in the pan for 15 minutes before turning the muffins out on a wire rack to cool completely. Leftover muffins can be wrapped in plastic and frozen.