

Healthy Bites

with

Bridgette



Grandma's Healthy Bran Blueberry Muffins

Makes 10 muffins (Freezer-friendly recipe!)

Ingredient List:

- 1 cup wheat bran
- 1 ½ cups whole wheat flour
- Baking powder
- Baking soda
- Salt
- Ground cinnamon
- ¼ cup brown sugar
- ¼ cup molasses
- 1/3 cup unsweetened applesauce
- 2 eggs
- ¾ cup dairy milk or unsweetened plant-based milk
- 1 Tbsp apple cider vinegar
- 1/3 cup unsalted butter or coconut oil
- ¾ cup blueberries (frozen and thawed is fine)
- ½ cup chopped walnuts (optional)