



Wild Blueberry Ginger Buttermilk Bran Muffin

Ingredients:

1 cup whole wheat flour	1/2 cup white flour
1/4 cup toasted wheat germ	1/4 cup bran
2 tsp baking powder	1 tsp baking soda
1/4 tsp salt	1 egg
3/4 cups maple syrup	1/3 cup canola oil
2 tbsp crystallized ginger	1 cup wild blueberries
1/2 cup buttermilk	

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Directions:

Preheat oven to 400 degrees F. Spray a muffin pan with twelve 3 inch muffin spaces with non stick cooking spray. In a large bowl, combine wheat flour, white flour, wheat germ, bran, baking powder, baking soda, and salt. In another bowl, beat the egg, maple syrup, oil and ginger until well blended. Pour the buttermilk and the egg-maple syrup mixture over the dry ingredients; stir just until moistened. Gently fold in the wild blueberries. Divide the batter among the muffin tins, bake for 20 to 25 minutes. Let cool in a pan.

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