

Blueberry Bran Muffins

Yield: 12 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/bran-cereal-recipe-italian>

Ingredients:

- 2 eggs
- 1 1/2 cups buttermilk
- 1/2 cup coconut oil melted and slightly cooled, although still liquid
- 1 1/2 teaspoons kosher salt
- 2 teaspoons baking soda
- 2 teaspoons vanilla extract
- 1 tablespoon lemon zest fresh
- 3/4 cup cane sugar natural
- 2 cups bran cereal like All-Bran
- 1 1/4 cups whole wheat flour
- 1 cup all-purpose flour
- 2 cups frozen blueberries or fresh, see Recipe Notes
- 1 tablespoon butter to grease the pan
- 1 cup pecan halves optional, for the tops

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 40 milligrams
4. Fat: 21 grams
5. Fiber: 8 grams
6. Protein: 7 grams
7. SaturatedFat: 10 grams
8. Sodium: 590 milligrams
9. Sugar: 18 grams

Thank you for visiting our website. Hope you enjoy Blueberry Bran Muffins above. You can see more 19 bran cereal recipe italian Get cooking and enjoy! to get more great cooking ideas.