

raisin bran muffins

— 100% WHOLE WHEAT —

Recipe for 6 standard size raisin bran muffins. This printable recipe is a supplement to the video. Watch the video to observe how every step is done as well as its accompanying explanations.

Ingredients:	Weight (ounces)	Baker's %
• wheat bran	1.4 oz	50%
• whole wheat flour	2.8 oz	100%
• melted margarine/butter	1.1 oz	40%
• unflavored cooking oil	0.2 oz	8%
• 4 tbsp brown sugar	1.1 oz	40%
• fancy molasses	0.9 oz	31%
• 1 egg	1.9 oz	69%
• ½ cup milk *	4.3 oz	153%
• 1 tbsp white vinegar	0.4 oz	18%
• 1 tsp baking powder	0.2 oz	6%
• ½ tsp baking soda	0.1 oz	4%
• ¼ tsp salt	0.05 oz	2%
• raisins	1.1 oz	38%

*I use 18g skim milk powder mixed into 108g of water to make ½ cup milk.

Optional Glaze:

• margarine/butter	0.2 oz	6%
• 1 tbsp sugar	0.3 oz	11%
• 1 tbsp water	0.4 oz	15%

Method:

1. Sift whole wheat flour.
2. Add the sifted bran and germ into the store bought wheat bran.
3. Set aside the sifted flour.
4. In a large mixing bowl, whisk melted margarine/butter, cooking oil and brown sugar.
5. Whisk egg into brown sugar mixture.
6. Whisk in fancy molasses.
7. Whisk in milk and white vinegar.
8. Add wheat bran and sifted bran and germ into the mixture.
9. Rest the batter for 10 mins.
10. Mix in baking powder, baking soda and salt into the sifted flour.
11. Add these dry ingredients into the batter.
12. Fold the mixture into the dry ingredients until dry ingredients are hydrated.
13. Line muffin pan with 6 parchment baking cups.
14. Divide raisins into 6 equal portions.
15. Add a few raisins to a cookie scoop, fill it with batter, then portion it into a muffin cup.
16. Add a few more raisins, then top up each cup with a bit more batter.
17. Top each muffin batter cup with remaining raisins.
18. Preheat the oven to 400° F / 205°C.
19. Bake for 15 to 18 mins or until a tooth pick test comes out clear.
20. Let baked muffins cool on a rack.
21. Ready to eat!

Freezing:

- Wrap each muffin tightly in cling wrap. Place them in a bag to keep the wrap from unravelling, then store in the freezer.
- Thaw frozen muffins at room temperature for 15 to 30 mins. Consume within the same day.