Berry Oat Bran Muffins

Ingredients:
- 2 tbsp flax seed meal
- 2 1/2 tbsp boiling water
- 1/4 cup of milk
- 1 cup yogurt
- 2 tbsp grapeseed oil
- 1/2 tsp vanilla extract
- 1 cup oat or wheat bran
- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup sugar
- 1/2 cup blueberries, fresh or frozen
- 1/2 cup raspberries, fresh or frozen

Directions:
- Preheat your oven to 350 degrees. Line a muffin tin with cupcake liners
- In a small bowl combine the flaxseed meal and boiling water, mix until well incorporated. Refrigerate for at least 15 minutes.
- In a small bowl combine the milk, yogurt, oil, vanilla, and flax seed mixture. Mix well.
- In a large bowl whisk the wheat bran, flour, baking powder, baking soda and sugar together.
- Pour the milk mixture into the flour mixture and mix well.
- Stir in berries then fill each lined muffin cup 1/3 full with batter, using ice cream scoop.
- Bake for 15- 20 minutes, or until a toothpick inserted into the muffin comes out without any crumbs.

Makes 12- 15 muffins

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on 2/1/2013

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