

and yours, in 30 minutes or less



Quick ginger bran muffins

Ginger Johnson, RENO

MAKES 8 | 25 MINUTES

- 3/4 cup bran cereal (flakes or another shape)**
- 1/4 cup unprocessed bran**
- 1 tbsp. each vegetable oil, honey, and molasses**
- 1/2 cup milk**
- 1 large egg**
- 1/2 cup whole-wheat flour**
- 1/2 tsp. baking soda**
- 1/8 tsp. salt**
- 1/2 tsp. cinnamon**
- 3/4 tsp. ground ginger**
- 1/2 cup dried fruit such as raisins, cherries, or cranberries**
- Cooking-oil spray**

1. Mix together both brans with 1/4 cup boiling water in a large bowl. Let cool. In a small bowl, combine oil, honey, molasses, milk, and egg, then stir into bran mixture. Add flour, baking soda, salt, spices, and dried fruit and stir until just combined.

2. Spray a microwave-safe 1/2-cup bowl or ramekin with cooking spray and spoon in 1/4 cup batter. Microwave until muffin springs back when touched but isn't hard, about 45 seconds for a single muffin or 90 seconds for 4 muffins cooked together. Repeat with remaining batter.

Make ahead: For batter, up to 4 days, chilled.

PER MUFFIN 128 CAL., 24% (31 CAL.) FROM FAT; 3.6 G PROTEIN; 3.6 G FAT (0.8 G SAT.); 24 G CARBO (4 G FIBER); 150 MG SODIUM; 28 MG CHOL. >92