

Blueberry Lemon Muffins

Makes 12 muffins

1 tbsp	lemon juice	15 mL
1 cup	milk	250 mL
1	egg, beaten	
1/4 cup	vegetable oil	50 mL
1/4 cup	molasses	50 mL
1 cup	natural bran	250 mL
3/4 cup	whole wheat flour	175 mL
3/4 cup	all-purpose flour	175 mL
1/3 cup	packed brown sugar	75 mL
1 1/2 tsp	grated lemon rind	7 mL
1 1/2 tsp	baking powder	7 mL
1/2 tsp	baking soda	2 mL
1 cup	blueberries (fresh or frozen)	250 mL

1. In bowl, stir lemon juice into milk; let stand for 1 minute to sour. Stir in egg, oil and molasses.
2. In large bowl, combine bran, whole wheat and all-purpose flours, sugar, lemon rind, baking powder and baking soda. Add milk mixture and blueberries; mix until just combined.
3. Spoon into nonstick or paper-lined muffin tins. Bake in 375°F (190°C) oven for 20 to 25 minutes or until firm to the touch.