



THE J.M. SMUCKER Co

# Date Bran Muffins

**Prep Time Cook Time Serves Difficulty**

20 mins 20 mins 12 N/A

## Ingredients

- **Filling:**
- 1 cup (250 mL) chopped dates
- 1 cup (250 mL) hot water
- 1/4 cup (50 mL) packed brown sugar
- 1 tsp (5 mL) lemon juice
- **Muffin:**
- 1 1/2 cups (375 mL) natural bran
- 3/4 cup (175 mL) **Five Roses®** All Purpose Bleached White Flour

All Purpose Bleached White Flour

- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) salt
- 1 egg
- 1/4 cup (50 mL) packed brown sugar
- 1 tbsp (15 mL) Vegetable or Canola oil
- 1 cup (250 mL) buttermilk or sour milk

## Directions

### Step 1:

Preheat oven to 375°F (190°C). Grease or line 12 muffin cups with paper liners.

### Step 2:

Filling: Place dates, hot water, brown sugar and lemon juice in a small saucepan. Stirring occasionally, simmer until thickened. Set aside to cool.

### Step 3:

Muffin: Combine bran, flour, baking soda and salt in large mixing bowl.

### Step 4:

Beat egg, brown sugar, oil and buttermilk together thoroughly in a separate large mixing bowl.

### Step 5:

Add egg mixture all at once to bran mixture. Stir just until moistened.

### Step 6:

Stir in date filling.

### Step 7:

Fill prepared muffin cups 3/4 full.

### Step 8:

Bake in preheated oven for 18 to 20 minutes or until a toothpick inserted in center of muffin comes out clean.

## Images

