

Raisin Date Muffins (vegan)



Ingredients

- 1 cup All-Bran cereal
- 1 cup almond milk original flavor

- 1 ½ cup white whole wheat flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. cinnamon
- ¼ tsp. salt
- 1 tbsp. cornstarch
- ½ cup packed dark brown sugar
- ½ cup unsweetened applesauce
- ¼ cup canola oil
- 1 tsp. vanilla
- ½ cup raisins
- ½ cup dates, chopped

Directions

In a large bowl, combine All-Bran and almond milk together. Set aside.

In a separate bowl, combine the white whole wheat flour, baking powder, baking soda, cinnamon, salt, and cornstarch.

Add brown sugar, applesauce, canola oil, and vanilla to the All-Bran. Stirring by hand, slowly mix in the dry ingredients. Add raisins and dates and mix until combined.

Spray a muffin tin with non-stick cooking spray. Fill muffins cups approximately $\frac{3}{4}$ full.

Bake at 350 for 15 minutes.

Yields: 12 muffins