FRUIT AND NUT BRAN MUFFINS

Serves: 14 (1 muffin each)


1½ cups / 180 g  1¼ cups / 115 g  ½ cup / 95 g  2 tsp.  1 tsp.  1 tsp.  1 cup  2
whole wheat flour  oat bran  light brown sugar  baking powder  baking soda  ground cinnamon  all-natural applesauce  large eggs

¼ cup / 60 ml  2 Tbsp.  1 tsp.  2 cups / 310 g  ½ cup / 55 g
unsweetened coconut milk beverage  ghee (organic grass-fed, if possible), melted  pure vanilla extract  halved cherries, frozen, pitted  chopped pecans

SPECIAL EQUIPMENT: Nonstick cooking spray • 2 muffin pans • Muffin/cupcake liners

1. Preheat oven to 375° F (190 °C).
2. Line two muffin pans with 14 muffin liners; lightly coat with spray. Set aside.
3. Add flour, oat bran, brown sugar, baking powder, baking soda, and cinnamon to a large mixing bowl; stir to combine. Set aside.
4. Add applesauce, eggs, coconut milk, ghee, and extract to a medium mixing bowl; whisk to combine.
5. Add applesauce mixture to flour mixture; stir to combine. Add cherries and pecans; gently fold to incorporate.
6. Divide muffin mixture evenly among prepared muffin cups (approximately ¼ cup / 85 g per muffin).
7. Bake for 25 to 30 minutes, or until a toothpick inserted into the center comes out clean. When cool enough to handle, transfer muffins to a cooling rack.

Nutritional Information (per serving):

<table>
<thead>
<tr>
<th>Calorie Information</th>
<th>Cholesterol</th>
<th>Fiber</th>
<th>Sugar</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 163</td>
<td>31 mg</td>
<td>4 g</td>
<td>11 g</td>
<td>5 g</td>
</tr>
<tr>
<td>Total Fat: 6 g</td>
<td>172 mg</td>
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<tr>
<td>Saturated Fat: 2 g</td>
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Container Equivalents (per serving):

1 ½ ½

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

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