

FIXATE RECIPES

FRUIT AND NUT BRAN MUFFINS

Serves: 14 (1 muffin each)

VG

Total Time: 45 min.

Prep Time: 20 min.

Cooking Time: 25 min.

1½ cups / 180 g	whole wheat flour	¼ cup / 60 ml	unsweetened coconut milk beverage
1¼ cups / 115 g	oat bran		ghee (organic grass-fed, if possible), melted
½ cup / 95 g	light brown sugar	2 Tbsp.	pure vanilla extract
2 tsp.	baking powder		halved cherries, frozen, pitted
1 tsp.	baking soda	1 tsp.	chopped pecans
1 tsp.	ground cinnamon	2 cups / 310 g	
1 cup	all-natural applesauce	½ cup / 55 g	
2	large eggs		

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):

Calories:	163	Cholesterol:	31 mg	Fiber:	4 g
Total Fat:	6 g	Sodium:	172 mg	Sugars:	11 g
Saturated Fat:	2 g	Carbohydrates:	27 g	Protein:	5 g

PORTION FIX 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.