



## Bran Muffins

1 cup water  
1 Tbsp. vanilla extract  
1/3 cup honey  
1 egg  
¼ cup wheat bran  
1 cup whole-wheat flour  
2 tsp. baking powder ¼ tsp. salt  
1 tsp. cinnamon  
½ tsp. nutmeg  
2 Tbsp. melted red palm oil  
½ cup chopped nuts

Combine water, vanilla, honey, egg, and bran in a bowl and let sit for about 10 minutes. The bran will absorb some of the moisture as it sits, which will improve the texture of the final product. In another bowl mix flour, baking powder, salt, cinnamon, and nutmeg. Preheat oven to 400 degrees F (200 C). Add melted palm oil (not hot) to the liquid ingredients, add the nuts, and mix together. Combine the wet and dry ingredients in one bowl and mix just until moist. Do not over-mix or the muffins will not rise as well. Pour into greased muffin cups. Bake for 15 minutes. Makes 6 muffins. *Compliments of Dr. Bruce Fife, N.D.*

***South Pacific Trading Company***  
***Life is short. Drink it in.***



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