



BREAKFAST MUFFIN BONANZA

Bring breakfast to new heights. Try this moist bran muffin with added crunch and the goodness of seeds, wheat germ and raisins.

1 cup	packed brown sugar	250 mL
1/2 cup	CRISCO® Canola or Vegetable Oil	125 mL
1 cup	buttermilk	250 mL
1	egg	1
2 tbsp	CROSBY'S® Molasses	30 mL
1-1/2 cups	natural bran	375 mL
2/3 cup	ROBIN HOOD® All Purpose Flour	150 mL
1/2 cup	wheat germ	125 mL
1/4 cup	sesame seeds	50 mL
1/4 cup	flax seeds	50 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
1/2 tsp	cinnamon	2 mL
1 cup	SUN-MAID® Raisins	250 mL

PREPARATION TIME: **10 MINUTES**
BAKING TIME: **20 MINUTES**

MAKES: **12 MUFFINS**

FREEZING: **EXCELLENT**



PREHEAT oven to 400°F (200°C). Spray 12 muffin cups with PAM Cooking Spray. **COMBINE** brown sugar, Crisco® Oil, buttermilk, egg and molasses in large mixing bowl. Add remaining ingredients. Mix well. Spoon batter into greased muffin cups. **BAKE** at 400°F (200°C) for 15–20 minutes, or until top springs back when lightly touched.

TIP: Cool and freeze muffins individually then thaw for a quick breakfast on the run or late-night snack.



PIÑA COLADA MINI MUFFINS

A taste of the tropics in every bite.

1 cup	ROBIN HOOD® All Purpose Flour	250 mL
3/4 cup	ROBIN HOOD® or OLD MILL® Oats	175 mL
1 tsp	baking powder	5 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	salt	2 mL
1/4 cup	LACTANTIA® Butter, softened	50 mL
1/2 cup	granulated sugar	125 mL
1	egg	1
1 cup	sour cream	250 mL
1 tsp	rum extract	5 mL
1 cup	well-drained crushed pineapple	250 mL
1/2 cup	flaked coconut	125 mL

PREPARATION TIME: **15 MINUTES**
BAKING TIME: **23 MINUTES**

MAKES: **24 MINI MUFFINS**

FREEZING: **EXCELLENT**



PREHEAT oven to 375°F (190°C). Spray 24 mini muffin cups with PAM Cooking Spray. **COMBINE** first 5 dry ingredients. Beat remaining ingredients together in large bowl until smooth. Add dry ingredients, mixing just until moistened. Fill greased muffin cups. **BAKE** at 375°F (190°C) for 18–23 minutes, or until golden. **TIP:** For 12 regular-sized muffins bake 23–28 minutes.