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## Spiced Apple-Butter Bran Muffins

- 1 Dash cooking spray
- 1/2 Cup raisins
- 3/4 Cup flour, whole-wheat
- 3/4 Cup flour, all-purpose
- 2 1/2 Tsp baking powder
- 1/4 Tsp salt
- 1/2 Tsp cinnamon, ground
- 3/4 Cup wheat bran, unprocessed
- 1 Large egg, lightly beaten
- 1/2 Cup milk, lowfat (1%)
- 1/2 Cup apple butter, spiced
- 1/2 Cup sugar, brown (packed), light
- 1/4 Cup oil, canola
- 3 Tbsp molasses
- 1 Cup apples, peeled and finely diced

- 1) Preheat oven to 375° F. Coat 12 standard 2 1/2-inch muffin cups with cooking spray. Place raisins in a small bowl and cover with hot water. Set aside.
- 2) Whisk whole-wheat flour, all-purpose flour, baking powder, salt and cinnamon in a large bowl. Stir in bran.
- 3) Whisk egg, milk, apple butter, brown sugar (or Splenda), oil and molasses in a large bowl until blended.
- 4) Make a well in the dry ingredients and pour in the wet ingredients. Drain the raisins; add them and the diced apple to the bowl. Stir until just combined.
- 5) Scoop the batter into the prepared pan (the cups will be very full).
- 6) Bake the muffins until the tops spring back when touched lightly, 18 to 22 minutes. Let cool in the pan for 5 minutes. Loosen the edges and turn the muffins out onto a wire rack to cool slightly before serving.

Makes 12 Servings

