

Maple and Cinnamon Bran Muffins



There is something deeply comforting about the aroma of cinnamon and maple filling the kitchen as these muffins bake. This recipe is perfect for cold days when you're craving a moment of sweetness. Soft, fragrant, and satisfying, these muffins are ideal for a quick snack or to complete an on-the-go breakfast. For more inspiration, check out our [Top 25 Healthy Muffin Recipes from Our Dietitians](#).

Preparation 10 min

Cooking 25 min

Servings 10

Nutrition Facts (per serving)

Calories 185

Fat 8

Carbohydrates 23

Fibre 3

Protein 6

Sodium 75

Ingredients

- 250 ml (1 cup) oat bran
- 160 ml (? cup) whole wheat flour (or gluten-free all-purpose flour)
- 15 ml (1 tbsp) ground cinnamon
- 7 ml (½ tbsp) baking powder

- 2 large eggs
- 2 small ripe bananas, mashed (or 125 ml (½ cup) unsweetened applesauce)
- 60 ml (¼ cup) maple syrup
- 60 ml (¼ cup) canola oil
- 125 ml (½ cup) plain Greek yogurt
- 7 ml (½ tsp) vanilla extract
- 60 ml (¼ cup) raisins

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a large bowl, mix the oat bran, flour, cinnamon, baking powder, and salt.
3. In another bowl, whisk the eggs, then add the mashed banana (or applesauce), maple syrup, oil, Greek yogurt, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and mix until the batter is smooth.
5. Stir in the raisins.
6. Divide the batter among muffin tins lined with paper liners or lightly greased.
7. Bake in the centre of the oven for 25 minutes or until a toothpick inserted in the centre of a muffin comes out clean.

Notes

Keeps for 5 days in the refrigerator in an airtight container or 3 months in the freezer.



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