



Sarah's Cinnamon Raisin Bran Breakfast Muffins are the perfect grab-and-go food for busy back-to-school mornings.
Sarah Nasello / The Forum

Cinnamon Raisin Bran Breakfast Muffins

Makes: 12 muffins

Ingredients:

1 cup all-purpose flour
1 cup wheat bran
1 teaspoon baking soda
1 teaspoon ground cinnamon
¼ teaspoon kosher salt
½ cup (1 stick) unsalted butter, room temperature
¼ cup brown sugar, packed
1 large or extra-large egg, lightly beaten
1 cup sour cream
¼ cup unsulphured molasses
1 teaspoon pure vanilla extract
½ cup raisins (optional)

Optional topping: Combine 2 tablespoons granulated sugar with 2 teaspoons cinnamon

Additional add-ins: ½ cup chopped nuts, dried fruits or chocolate chips

Directions:

Preheat oven to 400 degrees. Use butter or cooking spray to grease a 12-cup muffin pan or fill each cup with a paper liner; set aside.

In a medium bowl, whisk together the flour, wheat bran, baking soda, cinnamon and salt until combined; set aside.

In a large bowl, use a stand or hand-held mixer to beat the butter and brown sugar together on medium speed until pale and fluffy, about 2 minutes.

Scrape down the sides and bottom of the bowl. Add the egg and beat on medium speed until well-combined, about 30 seconds. The mixture will appear somewhat curdled until the dry ingredients are added.

Add the sour cream, molasses and vanilla and beat on medium-low speed until incorporated, about 30 seconds. Stir in the raisins on low speed for 10 seconds, then scrape down the sides and bottom of the bowl again.

Add the dry ingredients and stir on low speed until just combined. The batter will appear thick and lumpy, similar to old-fashioned peanut butter.

Use a scoop or 2 spoons to fill each muffin cup about $\frac{3}{4}$ full of batter. Bake until a toothpick inserted in the middle comes out free of crumbs and the top springs back when touched, about 15 to 20 minutes.

Remove from oven and turn the muffins out onto a cooling rack. For an extra flourish, let the muffins cool for a minute or 2, just until cool enough to handle, then roll the top of each muffin in cinnamon sugar. Place the muffins back on the rack to cool.

To store: These muffins will stay fresh in an airtight container at room temperature for about 3 to 4 days, and even longer if individually wrapped in plastic. They can also be frozen in a plastic freezer bag or airtight container for several months.

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"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.