

Apricot Almond Bran Muffins

adapted from [*Supernatural Everyday* by Heidi Swanson](#)

makes 12 muffins

2 eggs, lightly beaten
1 cup buttermilk or plain yogurt
1/2 cup barely melted butter
1/4 cup maple syrup
3/4 teaspoon almond extract
1/2 cup wheat or oat bran
1 1/2 cups plain whole grain flaky cereal (I used Flax Plus)
1 cup whole wheat flour
1/4 cup brown sugar
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1 cup diced fresh or frozen apricots
1/4 cup almond slivers or sliced almonds

Preheat your oven to 400 degrees. Generously butter a 12 cup muffin pan.

In a medium-sized bowl, mix together the eggs, buttermilk or yogurt, butter, maple syrup, and almond extract. Add the bran and flakes and mix. Set aside.

In a large bowl, whisk together the whole wheat flour, brown sugar, baking soda, baking powder and salt. Pour the liquid mixture into the dry mixture and fold until just combined. Fold in the apricots.

Scoop the muffin batter evenly into the twelve muffin cups. Scatter a few almond pieces on each muffin. Bake for 18-22 minutes or until the tops are golden and a toothpick inserted into the center of a muffin comes out clean. Cool for 5 minutes, then gently slide a knife around each muffin. Serve immediately or transfer muffins to a cooling rack.