



Cut at the line for a 4x6 Recipe Card

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## ***Blueberry Bran Muffins***

(Berries, None)

### Ingredients:

- 2 cups yogurt (any flavour)
- 2 tsp baking soda
- 2 eggs
- 1 1/2 cups brown sugar
- 1 cup vegetable oil
- 2 cups cooking bran
- 2 tsp vanilla
- 2 cups flour (white or whole wheat, or 1 cup of each)
- 4 tsp baking powder
- 1/2 tsp salt
- 1 cup blueberries

### Directions:

Measure yogurt into a large bowl; mix in baking soda and set aside. In a larger bowl, beat eggs, brown sugar and oil; add bran and vanilla, stirring to combine. In another bowl, combine flour, baking powder and salt. Add flour mixture to bran mixture, alternating with yogurt mixture and ending with flour mixture. Fold in blueberries and spoon into greased or paper-lined muffin tins. Bake at 350F for 20-25 minutes, or until tester inserted in centre of muffin comes out clean. Makes about 2 dozen muffins.

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