



HEALTHY BRAN MUFFIN

RECIPE

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Ingredients:

Makes twelve (12) bran muffins

1 cup all bran cereal
1 1/2 cup water or milk
1 cup molasses
1/2 cup vegetable oil
2 large eggs
1 cup unbleached flour
1/2 cup almond meal
1/2 cup rice flour
2 tbs hemp protein or chia goodness
by Earthy Choice (optional)
1/2 tsp baking soda
1/2 tsp baking powder
pinch of salt
1/2 cup raisins

Directions:

1. Preheat oven to 400 degrees F (204.4 degrees C).
2. In a mixing bowl, add bran cereal, raisins and water (or milk). Let it stand for five minutes. Then, add molasses, oil, eggs and stir to blend.
3. In a bowl, mix together all flours, hemp protein, baking soda, baking powder and salt.

4. Add mixed dry ingredients to the liquid ingredients. Mix all until blended.

5. Bake for 23 minutes. Insert a cake tester or toothpick into the center of the muffin and when it comes out clean, it's ready.

6. Enjoy with your favorite book!

Prep: 25 minutes

Cook: 23 minutes

Ready in 48 minutes

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*Friends,
muffins and
book boyfriends*

He's determined to win the tournament...

When a sexy brunette tosses him a personalized pink golf ball, his concentration falters. He makes her pay and seeks to claim his victory kiss.

Her crush on him is alive and kicking...

Although saying no to his invitation is easy, denying her attraction is challenging. If she agrees, she risks getting her heart broken again....

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Catching Lily
From Summerfield with Love

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