



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Date Wheat Bran Muffins

Preheat oven 400°F

Makes 18 large muffins

2 ½ teaspoons baking soda

1 cup boiling water

¼ cup extra virgin olive oil

¼ cup canola oil

1 cup sugar

2 eggs

2 cups buttermilk

2 ½ cups flour

1 teaspoon salt

2 cups large flake oatmeal

1 ½ cups wheat bran

2 cups honey dates, pitted and chopped

Stir baking soda into boiling water and allow to cool

In a large mixing bowl toss chopped dates with oatmeal and bran

Add buttermilk, stir to moisten and allow mixture to stand one hour

Beat sugar with oils until well mixed

Add eggs and beat until lightened

Stir in cooled water and baking soda

Toss flour with salt then add to sugar mixture - stir until well blended

Gently fold in bran mixture

Line muffin tin with over sized paper liners

Fill paper cups to the top of the muffin tin **not the liner - about ½ cup of batter**

Bake for 25 minutes or until a toothpick inserted into the centre of a muffin comes out clean.

THE LOVE: Use a light hand. Over mixing the muffin batter will make heavy dense muffins.