

New Year's resolution muffins

2008 is now officially in the books. 2009 has just begun and now everyone is following his or her New Year's resolutions. This week I am featuring something that will keep in line with most people's resolution to try to lose the weight they gained over the holidays from all the food we just had to have as it is a holiday tradition.

These muffins can be frozen and used for breakfast or a break at work. They will keep well for a few weeks in the freezer. The longer you keep them in the freezer the drier they will become. If you are trying to keep a New Year's resolution, remember that pound of butter on each muffin doesn't help.

I hope that everyone had a wonderful holiday season and you are ready to get back to reality and the start of a new year. I know that I in fact gained 40 inches this holiday season. It was totally unexpected and unlike most people I am happy to gain 40 inches. A 40-inch flat screen t.v. is what Jolly Old Saint Nick left yours truly, so you can see why I am happy with gaining 40 inches. It's amazing what a hint in a newspaper column and a few "Texas Style Brownie Points" will get you. Just like all those points we gained on our credit cards this holiday season, I am going to start building my brownie points early this year and just maybe a convertible will show up next year. Remember start accumulating your points early, you never know when you will have to cash them in and you don't want to be left short.

Bernie Grimes is the food manager at the Fresh Cup Roastery Cafe. Email your recipes to freshlyroasted@shaw.ca.



Bernie Grimes
Creative Kitchen

Low fat apple bran muffins

- 1 ½ cups wheat bran
- 1 tsp baking Soda
- 1 cup low-fat buttermilk
- 2 egg whites
- 1 cup all-purpose flour
- ½ apple grated
- ¼ cup packed brown sugar

In a small bowl, combine bran and buttermilk. Set aside to soak for 10 minutes. Preheat oven to 350 degrees. Lightly grease a muffin pan or use paper liners. In a large bowl mix together flour, brown sugar and baking soda. Stir in bran mixture and egg whites. Fold in grated apples. Divide the batter into 12 muffin cups. Bake in the preheated oven for 16 to 18 minutes or until a toothpick inserted into the centre comes out clean. Allow the muffins to cool at least 5 minutes before removing them from the pan.

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