



Makes 6 large muffins or 1 enormous loaf
Preparation Time: 10 minutes
Cook Time: 45 minutes

INGREDIENTS:

3 cups oat bran
1 teaspoon baking powder
½ teaspoon salt
4 tablespoons sweetener
Juice of 1 lemon
1 large apple, grated
6 brown bananas, lightly mashed (leave some chunks)
¼ cup walnuts, chopped or halved
¼ cup raisins
¾ cup water

Mighty Muffins for Mother's Day

These muffins are the brainchild of my friend Bridget's brother, Michael, who is an amazing cook. This recipe is great to serve Mom for breakfast-in-bed this Mother's Day! Enjoy!

Find this recipe and more in the [Forks Over Knives Recipe App](#).

By Rip Esselstyn

- 1 Preheat oven to 375° F.
- 2 Combine the dry ingredients in a large bowl.
- 3 Squeeze the juice of the lemon onto the combined apple and bananas.
- 4 Add walnuts, raisins, and water.
- 5 Combine the wet and dry ingredients into one bowl.
- 6 Pour into sprayed silicone or other nonstick muffin tins and bake for 45 minutes or until golden brown on top.