



Ingredients

- 1 cup (250 mL) whole wheat flour
- 1 cup (250 mL) oat bran
- ¼ cup (50 mL) wheat germ
- ¼ cup (50 mL) freshly ground flax seeds
- 3 tsp (15 mL) baking powder
- ⅓ cup (90 mL) sunflower oil
- 1 egg, well-beaten
- 2 tbsp (30 mL) molasses
- 2 tsp (10 mL) vanilla
- 1 cup (250 mL) buttermilk or runny yogurt
- 1 cup (250 mL) finely chopped dates
- 6 tbsp (90 mL) avocado oil (to keep dates from sticking to one another)

Instructions

Preheat oven to 350°F (180°C). Mix the first five ingredients and set aside. Mix together the oil, egg, molasses, vanilla, and buttermilk and set aside. Mix chopped dates with oil. Combine all the ingredients. Grease muffin tray or use paper muffin liners. Fill muffin tray and bake for 15-20 minutes or until the center springs back and a toothpick comes out clean.

Makes 12 muffins.