

These quite possibly might be the best muffins you will ever have! They bake up really high, and they are so moist...you will love these!

### Almond Citrus Muffins

- 1/2 cup whole natural almonds
- 1 1/4 cups all purpose flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1 cup shreds of wheat bran cereal
- 1/4 cup packed brown sugar
- 3/4 cup milk
- 1/4 cup orange juice
- 1 tsp. grated orange peel
- 1 egg
- 1/4 cup vegetable or almond oil

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  - [Chocolate](#)
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  - [Pound](#)
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Spread almonds in a single layer on a baking sheet. Bake at 350 degrees for 12 to 15 minutes, stirring occasionally, until lightly toasted. Cool and chop. In a large bowl, combine the flour, baking powder and salt. In a medium bowl, combine the cereal, sugar, milk, orange juice, and peel. Let stand 2 minutes or until cereal is softened.

Add egg and oil; beat well. Stir in the almonds. Add the liquid mixture; stir just until moistened. Batter will be lumpy; do not over mix. Spoon



If some muffin cups will remain empty during baking, put 2 to 3 tablespoons water in the unused muffin cups to keep the pan from warping.

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batter evenly into 12 greased 2 ½ inch muffin cups. Bake for 20 minutes or until lightly browned. Remove to a wire rack to cool.