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Bran New!

By Susie Iventosch

ith the kids back in school, it's a great idea to have healthy breakfast treats ready for early mornings or to tuck into the lunch box. While some bran muffins can be dry, the use of shredded carrots makes these muffins moist and delicious. They are pretty darn healthy, too. There is very little oil and the use of coconut lessens the dependence on so much sugar for sweetening. Don't worry if you don't like coconut, it is really hard to detect in these muffins. In fact, if you weren't the cook, you might not even know it's there! Nuts are optional.

The mini-Bundt pans allow these muffins to cook evenly without making the tops too welldone. Across the Way carries the nonstick mini-fluted Bundt pans for \$13.99. They are located at 1480-G Moraga Road in Moraga and their phone number is (925) 376-3600.



Carrot-Bran Muffins

(Makes 8-10 mini-Bundt pan muffins)

INGREDIENTS

- 1¹/₄ cups milk
- 2 cups bran cereal (I've used anything from crushed bran flakes or All-Bran to Fiber One)
- ¹/₄ cup canola oil
- 2 eggs, beaten
- 1³/₄ cups shredded carrots (about 2 medium-large carrots)
- ¹/₂ cup raisins or currants
- 1/2 cup walnuts or pecans, coarsely chopped
- 1/3 cup unsweetened, fine macaroon or baking coconut
- 1¼ cups all-purpose flour
- 1/3 cup brown sugar, packed
- 1/4 cup granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- ¹/₂ teaspoon salt
- Optional additional spices: 1/8 teaspoon nutmeg, cardamom or cloves, or try all three!

DIRECTIONS

Combine cereal, eggs, milk and oil in a large bowl and let soak about 10 minutes. Then add carrots, raisins and coconut. Mix well. In a separate bowl, mix all dry ingredients together. Add the cereal mixture and stir just until combined. Grease or spray Bundt pans or line muffin pans with paper cups. Fill about 2/3 full and bake in 350 degree oven 18-20 minutes or until toothpick comes out clean when inserted. Plan on two baking sessions since the mini-Bundt pans bake just six muffins at a time. Susie can be reached at suziven@gmail.com









Fuz team (left to right): Chef/owner Stephen Dill, partner Max Karasani, and chef Jake Barnes Photo Sophie Braccini

tephen Dill is happy; he is liv-Ding his dream, opening his first restaurant with the French/Japanese flavor that he's created as a result of years of culinary experience. "The French create subtle flavors and have mastered the art of making sauces to a science; the Japanese take fish cutting to a surgery level. They go well together."

For the past 14 years Dill was a Sushi Chef in San Francisco. He has traveled, practicing and learning, all over the world. The result is an innovative menu that offers both meat and fish entrees such as chililime chicken sauté and firecracker grilled Alaska salmon, along with innovative sushi rolls such as "Don't Ask" that has soft shell crab with avocado in the inside and hamachi, avocado, tobiko, green onion and spicy mayo on the outside.

Dill says he chose Lafayette to open his first business, with partner Max Korasani, because of the peaceful atmosphere of the town. "I've known this community for some time," he said, "it is family oriented, sophisticated and very friendly." Dill reports having a very good experience dealing with the city, county and police to set up shop. "Everyone was most helpful and every time I needed advice, someone was ready to support me," he states.

Now Dill and Korasani's job is to please the new community they wish to serve. Dill pays close attention to his ingredients and makes sure that the fish he buys is wild when in season, and has been harvested young enough to minimize the mercury content. Korasani highlights the happy hour drink deals, starting at 3:00p.m., and other offerings at the full sports bar.

The restaurant opened on August 28. "We are still in a phase of soft opening," says Dill, the grand opening will take place at the end of September."

At the same time, Dill will start another interesting feature of the business: a 6-week series of cooking lessons that will take participants all over the world. "We want to show people how to cook healthy and tasty meals in half an hour," explains Dill. The course will cost \$500 and is open to adults and motivated teens. After completing the six classes to become "Fuz certified," students will have the opportunity to spend a day cooking with either Stephen Dill at the sushi bar or with Jake Barnes, the young chef in the traditional kitchen. For details go to

http://www.fuzrestaurant.com/.

Fuz is located at 3707 Mt. Diablo Blvd., Lafayette; phone 299-9930.



This recipe is available on our web site. Go to: www.lamorindaweekly.com

Susie can be reached at suziven@gmail.com

Many of our readers like Susie's recipes. Our website now features a link to our recipe page where you can read, print or download all of the recipes we have published.

If you would like to share your favorite recipe with Susie please contact her by email or call our office at 925-377-0977

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Diablo Blvd, Laf 960 Moraga Rd, Laf 283-3869 Village Pizza 19 Orinda Way # Ab, Ori 254-1200 Flippers Giardino Nation's Giant Hamburgers 400 Park, Mor 376-8888 La Finestra Ristorante 100 Lafayette Cir #101, Laf 284-5282 Zamboni's Pizza 1 Camino Sobrante # 4, Ori 254-2800 Nation's Giant Hamburgers 76 Moraga Way, Ori 254-8888 La Piazza 15 Moraga Way, Ori 253-9191 Sandwiches/Deli 1480 Moraga Rd # A, Mor Mangia Ristorante Pizzeria 975 Moraga Rd, Laf 284-3081 Bianca's Deli 376-4400 Café Ferrari-Lucca Delicatessens 23 Lafayette Cir, Laf 299-8040 1375 Moraga Way, Mor 376-4300 Europa Hofbrau Deli & Pub 64 Moraga Way , Ori 254-7202 Michael's 253-9894 Geppetto's caffe 87 Orinda Way, Ori Mondello's 337 Rheem Blvd, Mor 376-2533 Kasper's Hot Dogs 103 Moraga Way, Ori 253-0766 Noah's Bagels 3732 Mt. Diablo Blvd # 179, Laf 299-1372 Mamounia Express Cafe 3600 Mt. Diablo Blvd, Laf 299-0500 3518 Mt. Diablo Blvd, Laf 299-0716 Pizza Antica **Rising Loafer** 3643 Mt. 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