

BRAN MUFFINS



PREP TIME:
10 minutes

COOK TIME:
15 to 20 minutes

SERVES:
10 to 12 muffins

INGREDIENTS:

- ¾ cup all-purpose flour
- ½ cup whole wheat flour
- ¼ teaspoon of salt
- ½ teaspoon baking soda
- ½ cup sugar
- 1 ¾ cups bran flake cereal with raisins
- 1 egg
- 1 cup buttermilk (substitute for buttermilk:
add 1 tablespoon
vinegar or lemon juice to 1 cup milk)
- 2 tablespoons vegetable oil

STEPS:

1. Preheat oven to 425 degrees F. Spray or grease the bottoms of a muffin tin.
2. Put flour in a large bowl. Add salt, baking soda, and sugar. Mix well.
3. Stir in the bran flake cereal. Mix well.
4. Make a well in the center of the mixture and set aside.
5. In another bowl, beat the egg, buttermilk, and oil together.
6. Pour the egg mixture into the well of the cereal mixture and stir until all ingredients are moist. Do not over mix.
7. Fill the tins ¾ full.
8. Bake for 15-20 minutes or until golden brown.
9. If not eaten right away, wrap the baked muffins in foil or a plastic bag and store in the freezer. Thaw for 15 seconds in the microwave or overnight in the refrigerator.

Nutrition Facts

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|-------------------------------|-----------------------|
| 12 servings per container | |
| Serving size | 1 Muffin (54g) |
| Amount per serving | |
| Calories | 120 |
| % Daily Value* | |
| Total Fat 3g | 4% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 170mg | 7% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 2g | 7% |
| Total Sugars 10g | |
| Includes 6g Added Sugars | 12% |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 27mg | 2% |
| Iron 2mg | 10% |
| Potassium 103mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.