

# 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

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.

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This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, EFNEP. The USDA and UF/IFAS Extension are equal opportunity providers and employers.