Bran Muffins
Makes 12 servings

Ingredients:

- 2 cups wheat bran cereal
- 1 ¼ cups skim milk
- 1/3 cup brown sugar
- 1 cup all-purpose flour
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- 1 large egg
- ½ cup applesauce

Directions:

1. Heat oven to 400° F.
2. Grease bottoms only of 12 medium muffin cups.
3. Measure bran cereal, milk, and brown sugar into a large mixing bowl. Stir to combine ingredients and let stand 5 minutes.
4. In a second large bowl, measure flour, baking powder, baking soda, and cinnamon. Stir to combine ingredients. Set aside.
5. Add egg and applesauce to the bran mixture. Stir to combine ingredients.
6. Add bran mixture to flour mixture. Stir just until dry ingredients are moistened; batter will be lumpy.
7. Divide batter among muffin cups, filling each about 2/3 full.
8. Bake 20 minutes, until firm to touch.

Source: Cooking Up Fun! Muffins & More - Cornell University Cooperative Extension

Nutrition Facts
12 servings per container
Serving size 1 muffin (64g)

Amount per serving
Calories 110

- Total Fat 0.5g 1%
- Saturated Fat 0g 0%
- Trans Fat 0g
- Cholesterol 15mg 5%
- Sodium 70mg 3%
- Total Carbohydrate 23g 8%
- Dietary Fiber 1g 4%
- Total Sugars 8g
- Includes 5g Added Sugars 10%
- Protein 3g

*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.

4% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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