Bran Muffins
Makes 12 muffins

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