Bran Muffins
Makes 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

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

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension