



A Nutrition Resource

BRAN MUFFINS

Yield: 12 Servings | Serving Size: 1 muffin

Cost/Serving: \$0.14

Ingredients:

Cooking oil spray or butter
3/4 cup all-purpose flour
1/2 cup whole wheat flour
1/4 teaspoon salt
1/2 teaspoon baking soda
1/2 cup sugar
1 3/4 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)
1 Tablespoon vegetable oil

Directions:

- 1) Preheat oven to 425 °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 2/3 full.
- 8) Bake for 15-20 minutes or until golden brown.

Nutrition Facts

12 servings per container	
Serving size	1 muffin (55g)
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 6g Added Sugars	12%
Protein 4g	8%
Vitamin D 1mcg	4%
Calcium 31mg	2%
Iron 2mg	10%
Potassium 91mg	2%

*The % Daily Value (DV) 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.

- 9) If not eaten right away, wrap the baked muffins in foil or a plastic bag and store in the freezer. Thaw for 20-30 seconds in the microwave (for muffins) or overnight in the refrigerator.

This recipe is used with permission of Colorado State University Extension's Eating Smart Being Active program.

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