



Try it “Tuesdays”



Bran Muffins

Makes: 10-12 Muffins

Preparation Time: 10 minutes

Cooking Time: 15-20 minutes



Ingredients

- 3/4 cup all-purpose flour
- 1 egg
- 1/2 cup whole wheat flour
- 1 cup buttermilk (substitute for buttermilk: add 1 tablespoon vinegar or lemon juice to 1 cup milk)
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup sugar
- 2 tablespoons vegetable oil
- 1 3/4 cups bran flake cereal with raisins

Directions

Preheat oven to 425 degrees F. Spray or grease the bottoms of a muffin tin. Put flour in a large bowl. Add salt, baking soda, and sugar. Mix well. Stir in the bran flake cereal. Mix well. Make a well in the center of the mixture and set aside. In another bowl, beat the egg, buttermilk (or buttermilk substitute), and oil together. Pour the egg mixture into the well of the cereal mixture and stir until all ingredients are moist. Do not over mix. Fill the tins 2/3 full. Bake for 15 to 20 minutes or until golden brown. 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

Serving Size 1 Muffin (55g)
Servings Per Container About 24

Amount Per Serving

Calories 130 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 120mg **5%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 4g



For more information, Contact your local EFNEP office