



TASTY BRAN MUFFINS

INGREDIENTS

- 3 cups bran flakes
- 2 cups fat-free milk
- 2/3 cup canola oil
- 2 eggs
- 1/3 cup brown sugar
- 1/3 cup honey
- 1 tablespoon vanilla
- 2 cups all-purpose flour
- 1 tablespoon baking powder

Optional additions: Fresh berries, raisins, nuts or chocolate chips



INSTRUCTIONS

1. Preheat oven to 350°. Line a muffin tin with paper muffin cups or spray with oil.
2. Mix bran flakes, milk, eggs and oil in a large bowl. Let stand for about 10 minutes or until bran flakes have soaked up all the moisture.
3. Fold the honey, brown sugar and vanilla into the bran mixture.
4. In a separate bowl, mix flour and baking powder.
5. Combine the wet and dry mixtures until just blended.
6. Spoon approximately 1/3 cup of batter into each muffin cup.
7. Bake for 15 minutes or until the center of the muffin springs back when touched.

Makes 24 muffins.

Nutrition facts

Serving size: 1 muffin

Calories: 128
Carbohydrate: 17 g
Total fat: 6 g
Protein: 3 g
Sodium: 128 mg