

Bran Muffins

Makes: 10-12 muffins

Preparation Time: 10 minutes

Cooking Time: 15-20 minutes

Ingredients

¾ cup all-purpose flour

½ cup whole wheat flour

¼ teaspoon salt

½ teaspoon baking soda

½ cup sugar

1¾ cups bran flake cereal with raisins

1 egg

1 cup buttermilk (substitute buttermilk: 1 tablespoon
vinegar or lemon juice in 1 cup milk)

2 tablespoons vegetable oil

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

To Bake

1. Preheat oven to 425° F. Grease the bottom of a muffin tin.
2. Put flour in a large bowl. Add salt, baking soda, and sugar. Mix well.
3. Stir in bran flake cereal. Mix well.
4. Make a well in the center of the mixture and set aside.
5. In another bowl, beat egg, buttermilk, and oil together.
6. Pour egg mixture into the well of the cereal mixture and stir until all ingredients are moist. Do not over mix.
7. Fill tins ²/₃ full.
8. Bake for 15-20 minutes or until golden brown.
9. Wrap leftovers in foil or a plastic bag and store in the freezer. Thaw for 15 seconds in the microwave or overnight in the refrigerator.



Materials provided by the University of Arkansas Division of Agriculture Cooperative Extension Service

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