

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Bran Flake Muffins *(Makes about 10 servings.)*

### Ingredients

- Nonstick cooking spray
- 1 c. bran flakes cereal
- ¾ c. 1% milk
- 1 egg
- ¼ c. margarine, melted
- 1 c. flour
- 2½ tsp. baking powder
- ½ tsp. salt
- ¼ c. sugar

### Directions:

1. Preheat oven to 400° F. Coat 10 muffin cups with nonstick cooking spray.
2. Combine bran flakes and milk and let sit for 5 minutes until cereal is soft.
3. Stir in egg and margarine. Mix in flour, baking powder, salt, and sugar, stirring until combined.
4. Fill 10 muffin cups.
5. Bake for 30 minutes, until toothpick or knife inserted into center of a muffin comes out clean.

Nutrition info: Serving size: 1 muffin, Calories: 130, Total Fat: 5 g, Saturated Fat: 1.5 g, Cholesterol: 25 mg, Sodium: 280 mg, Total Carbohydrate: 19 g, Dietary Fiber: 1 g, Sugars: 7 g, Protein: 3 g. *Recipe adapted from Commodity Supplemental Food Program Cookbook.*

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