



Muffin - Bran

Makes: 24 muffins (75 g each)

Ingredients

| Imperial Measurement | Ingredient | Metric Measurement |
|----------------------|---------------------------------|--------------------|
| 2 ½ cups | whole wheat flour | 625 mL |
| ½ cup | sugar | 125 mL |
| 2 tbsp | baking powder | 30 mL |
| 4 cups | bran cereal (not flakes) | 1 L |
| 2 | eggs, beaten | 2 |
| 3 cups | milk | 750 mL |
| ½ cup | vegetable oil | 125 mL |
| 2 tsp | vanilla | 10 mL |
| Optional: | fruit (fresh, frozen, or dried) | |

Instructions

1. Preheat oven to 400°F (205°C).
2. In medium bowl, mix together the dry ingredients.
3. In separate bowl, combine bran cereal and milk. Let stand about 2 minutes or until cereal softens. Add egg and oil. Beat well.
4. Add wet ingredients to dry ingredients. Stir until just combined. Fold in Optional ingredients if desired.
5. Divide batter between greased/lined muffin tins.
6. Bake for approx. 20 minutes until golden.

| Nutrition Information | |
|-------------------------|-----------------|
| Serving ½ muffin (35 g) | |
| Calories | 80 |
| Fat | 3.5 g |
| | Saturated 0.5 g |
| | + Trans 0 g |
| Sodium | 110 mg |
| Carbohydrates | 11 g |
| | Fibre 3 g |
| | Sugars 3 g |
| Protein | 3 g |
| Calcium | 70 mg |
| Iron | 1 mg |

| Food Guide Servings |
|---------------------|
| ½ Grain Product |