



## Fruit Bran Muffins

Serving: 1 muffin

Yield: 12 servings

### Ingredients:

1½ cups whole bran cereal

1 cup milk

1 beaten egg

¼ cup vegetable oil

1 cup all-purpose flour

⅓ cup sugar

½ teaspoon baking soda

2 teaspoon baking powder

½ teaspoon ground cinnamon

1 cup finely diced fruit: bananas, pears, apricots, nectarines, blueberries, raisins or other dried fruit. Canned fruit (drained) or applesauce can also be used.



### Directions:

1. Combine bran cereal and milk in a bowl.
2. Let stand 5 minutes.
3. Stir in egg and oil.
4. In another bowl, combine flour, sugar, baking soda, baking powder, and cinnamon.
5. Add bran mixture to the flour mixture and stir just until moistened.
6. Fold in fruit.
7. Fill muffin tins that are greased or lined with paper baking cups two-thirds full.
8. Bake at 400 degrees for about 20 minutes or until done.

Nutrition Facts (per serving) – Calories, 140; fat, 5 g; calories from fat, 45; sodium, 210 mg; carbohydrate, 23 g; fiber, 4 g

Source: University of Illinois Extension



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