



## Bran Muffins

Serving Size: 1 muffin

Yield: 10-12 muffins

### Ingredients:

¾ cup all-purpose flour  
½ cup whole wheat flour  
¼ teaspoon of salt  
½ teaspoon baking soda  
½ cup sugar  
1 ¾ cups bran flake cereal with raisins

1 egg  
1 cup buttermilk (*substitute for buttermilk: add 1 tablespoon vinegar or lemon juice to 1 cup milk*)  
2 tablespoons vegetable oil



### Directions:

1. Preheat oven to 425 degrees F. Spray or grease the bottoms of a muffin tin.
2. Put flour in a large bowl. Add salt, baking soda, and sugar. Mix well.
3. Stir in the bran flake cereal. Mix well.
4. Make a well in the center of the mixture and set aside.
5. In another bowl, beat the egg, buttermilk, and oil together.
6. Pour the egg mixture into the well of the cereal mixture and stir until all ingredients are moist. Do not over mix.
7. Fill the tins 2/3 full.
8. Bake for 15-20 minutes or until golden brown.

*If not eaten right away, wrap the baked muffins in foil or a plastic bag and store in the freezer. Thaw for 15 seconds in the microwave or overnight in the refrigerator.*

**Nutrition Facts per Serving:** Calories, 130 ; Calories from fat, 30; Total fat, 3.5g; Saturated fat, .5g; Trans fat 0g; Cholesterol, 15mg; Sodium, 120mg; Total Carbohydrate, 23g; Fiber, 2g; Protein, 4g%.

**Source:** *Eating Smart-Being Active Curriculum*, USDA, Expanded Food and Nutrition Program.



Cornell University  
Cooperative Extension  
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.



Cornell University  
Cooperative Extension  
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties  
provides equal program and employment opportunities.