



A Nutrition Resource

# BRAN MUFFINS

**Yield: 12 Servings | Serving Size: 1 muffin**

**Cost/Serving: \$0.24**

## Ingredients:

Cooking oil spray or butter  
3/4 cup all-purpose flour  
1/2 cup whole wheat flour  
1/4 teaspoon salt  
1/2 teaspoon baking soda  
1/2 cup sugar  
1 3/4 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)  
1 Tablespoon vegetable oil

## Directions:

- 1) Preheat oven to 425 °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.

## Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 muffin (55g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 10g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 1mcg	<b>4%</b>
Calcium 31mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 91mg	<b>2%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 9) If not eaten right away, wrap the baked muffins in foil or a plastic bag and store in the freezer. Thaw for 20-30 seconds in the microwave (for muffins) or overnight in the refrigerator.

*This recipe is used with permission of Colorado State University Extension's Eating Smart Being Active program.*

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