



Make Half Your Grains Whole



EFNEP

Expanded Food and Nutrition Education Program

Bran Muffins

Makes: 21-24 muffins

Preparation Time: 10 minutes

Cooking Time: 15-20 minutes

Ingredients

- 1 ½ cups all-purpose flour
- 1 cup whole wheat flour
- ½ teaspoon of salt
- 1 teaspoon baking soda
- 1 cup sugar
- 3 ½ cups bran flake cereal with raisins
- 2 eggs
- 2 cups buttermilk (substitute for buttermilk: add 2 tablespoons vinegar or lemon juice to 2 cups milk)
- ¼ cup vegetable oil

To Store

1. Put flour in a large bowl.
2. 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 eggs, 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. Cover and store in refrigerator until ready to bake.

To Bake

1. Preheat oven to 425 degrees F. Spray or grease bottoms of a muffin tin.
2. Fill the tins 2/3 full.
3. Bake for 15-20 minutes or until golden brown.
4. Store unused batter in the refrigerator.

Nutrition Facts

Serving Size 1 Muffin (55g)	
Servings Per Container About 24	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 4g	



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