

Secret Ingredient Bran Muffins!

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| 2 cups wheat bran | 2/3 cup old-fashioned rolled oats** |
| ½ cup boiling water | 1 teaspoon cinnamon |
| ½ cup fat-free plain yogurt | 1 tablespoon freshly grated orange zest |
| ½ cup brown sugar | ¼ teaspoon salt |
| 2 large eggs | 2 teaspoons baking soda |
| 2 tablespoons molasses | 1 teaspoon baking powder |
| 1 teaspoon vanilla | ¾ cup skim milk |
| 2 cups (ground) “Kashi Go-Lean Crunch” cereal* | ¾ cup low-fat buttermilk |

- 1.) Place the wheat bran in a bowl, stir in the boiling water, then set aside.
- 2.) Mix the brown sugar, eggs, yogurt, vanilla, and molasses in a separate bowl until well combined. Then mix in the wheat bran.
- 3.) In a large bowl, mix the ground-up Kashi cereal, oats, cinnamon, orange zest, salt, baking soda, and baking powder.
- 4.) In a small bowl, mix the milk and buttermilk.
- 5.) Alternate adding the dry ingredient mixture and the milk/buttermilk mixture to the bran mixture, beginning and ending with the dry ingredient mixture. Cover the batter and place in the refrigerator to chill for several hours or overnight.
- 6.) Spray two 12 cup muffin tins with nonstick vegetable spray or line with paper liners, then divide chilled batter evenly among the tins. Bake at 375 degrees with the rack in the center of the oven for around 20 minutes or until a toothpick comes out clean. Makes 24 normal sized muffins.

*Grind “Kashi Go-Lean Crunch” cereal in a blender or food processor to get a flour-like texture. Somewhere around three cups of cereal will give two cups ground

**Don't use instant oats!

Nutrition Information for one muffin:

Calories: 80.42

Fat: 0.96 g

Cholesterol: 18.54 mg

Protein: 3.5 g

Carbohydrate: 16.5 g

Fiber: 3.29 g

Calcium: 162% DV (based on 2000 cal diet)

Iron: 150% DV (based on 2000 cal diet)

Vitamin A: 20% DV (based on 2000 cal diet)

Vitamin C: 20% DV (based on 2000 cal diet)

Exchange List:

1 bran muffin equals 1 starch exchange