Apple Raisin Bran Muffins

Prep Time: 10 minutes  Total Time: 35 minutes

Ingredients

- 1 3/4 cups whole-wheat flour
- 1 cup brown sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 cup unsweetened applesauce
- 1/4 cup canola oil
- 1 egg
- 1 3/4 cups raisin bran cereal

Directions

- Heat oven to 375°F. Line muffin tin with paper liners or spray with nonstick cooking spray and set aside.
- In a mixing bowl, combine flour, sugar, baking powder, baking soda, cinnamon, and salt. Mix well and set aside.
- In a separate bowl, combine applesauce, oil, and egg. Mix until well blended.
- Add wet ingredients to dry ingredients and stir gently until combined. Batter may be lumpy. Add cereal and gently stir until combined.
- Fill muffin cups 3/4 full of batter and bake for 20-25 minutes or until muffins are golden brown and firm. Allow to cool.

(Recipe adapted from: http://www.epicurious.com.)

Nutrition Facts

- Serving size: 1 serving (65.18g)
- Calories: 180
- % Daily Value:
  - Total Fat: 5g (6%)
  - Saturated Fat: 0.5g (3%)
  - Trans Fat: 0g
  - Cholesterol: 15mg (5%)
  - Sodium: 160mg (7%)
  - Total Carbohydrate: 31g (11%)
  - Dietary Fiber: 3g (11%)
  - Total Sugars: 15g
  - Includes 12g of Added Sugars (24%)
  - Protein: 3g

* 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.

Quick Tips

- Muffins are a great grab-and-go breakfast or snack.
- Muffins go well with a bowl of low-fat yogurt and fruit for breakfast.
- Muffins can be frozen and eaten later.

Follow us | Like us

www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.