

Eat Smart • Move More

Apple Raisin Bran Muffins

Prep Time: 10 minutes

Total Time: 35 minutes



Ingredients

Nonstick cooking spray
1 $\frac{3}{4}$ cups whole-wheat flour
1 cup brown sugar
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt
1 cup unsweetened applesauce
 $\frac{1}{4}$ cup canola oil
1 egg
1 $\frac{3}{4}$ cups raisin bran cereal

Nutrition Facts

12 servings per container

Serving size

1 serving

(65.18g)

Amount per serving

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

Vitamin D 0mcg **0%**

Calcium 103mg **8%**

Iron 3mg **15%**

Potassium 130mg **2%**

*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.

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 $\frac{3}{4}$ full of batter and bake for 20-25 minutes or until muffins are golden brown and firm. Allow to cool.

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.

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

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