



June 6- Peach Bran Muffins

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2868>

Recipe

Ingredients:

- 1 ¼ cup whole-wheat flour
- ¾ cup Bran Cereal, crushed
- 2 ½ Tablespoons sugar
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 cup fat-free plain yogurt
- 1 egg, large
- 1 teaspoon vanilla
- 1 large peach (fresh, diced)

Directions:

1. Combine the flour, bran, sugar, baking soda, and baking powder and mix well.
2. Add the yogurt, egg and vanilla extract and stir until the dry ingredients are moistened. Fold in the peaches.
3. Coat large muffin cups with non-stick cooking spray and fill ¾ full with the batter. Bake at 400°F for 16-18 minutes.
4. Remove the muffin tin from the oven and allow to cool for several minutes before removing. Serve warm or at room temperature.

Yield 6 servings

Nutrition Facts

Serving Size 1 muffin (111.18g)
Servings Per Container 6

Amount Per Serving

Calories 180 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 35mg **11%**

Sodium 290mg **12%**

Total Carbohydrate 35g **12%**

Dietary Fiber 4g **15%**

Sugars 12g

Protein 7g **14%**

Vitamin A 2% • Vitamin C 2%

Calcium 10% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.