



May 24- Raspberry Oat Bran Muffins

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=309888>

Recipe

Ingredients:

- 1 ½ cup oat bran
- 1 ½ cup whole-wheat flour
- ½ cup brown sugar, packed
- 2 teaspoon baking powder
- 2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 ½ cup unsweetened applesauce
- 2 eggs
- 1 teaspoon vanilla
- 2 cup raspberries

Directions:

1. Mix dry ingredients in a medium bowl.
2. In separate bowl combine applesauce, eggs and vanilla.
3. Put the applesauce mixture into the flour mixture. Fold in berries. Bake at 400°F for 15-18 minutes.

Yield 18 servings

Nutrition Facts

Serving Size 1 muffin (56.17g)
Servings Per Container 18

Amount Per Serving

Calories 90 Calories from Fat 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 150mg **6%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g 11%

Sugars 7g

Protein 3g **5%**

Vitamin A 0% • Vitamin C 6%

Calcium 4% • Iron 4%

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