



September 28- Bran Muffins

Not Smart Snack

Link: No link, Dining with Diabetes recipe

Recipe

Ingredients:

- 1¼ cups all-purpose flour
- 1 Tablespoon baking powder
- ¼ cup sucralose based non-nutritive sweetener + 1 T sugar
- ½ teaspoon salt
- 1 cup 100% bran cereal
- 1 cup non-fat milk
- 1 egg
- ¼ cup vegetable oil
- Cooking spray

Directions:

1. Preheat oven to 400° F.
2. Combine flour, baking powder, sugar, and salt; set aside.
3. In a mixing bowl, combine cereal and milk; let stand for 2 minutes. Add egg and oil; mix well.
4. Add dry ingredients, stirring just until combined. Spoon into muffin cups coated with cooking spray.
5. Bake for 18-20 minutes or until golden brown. Serve warm.

Yield 12 muffins

Nutrition Facts	
Serving Size: 1 serving (57.6g)	
Servings: 1	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1.5g	
Cholesterol 15mg	5%
Sodium 270mg	11%
Potassium 130mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	10%
Sugars 3g	
Protein 4g	
Vitamin A 6%	• Vitamin C 0%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	