

Apple Raisin Bran Muffins

Ingredients:

3/4 cups whole wheat flour
1 cup brown sugar
1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. salt
1 cup applesauce
1/4 cup vegetable oil
1 egg
1 3/4 cups raisin bran cereal

Equipment:

Muffin Tin Paper liners Large mixing bowl Medium mixing bowl Mixing spoon Measuring cups Measuring spoons Can opener

Number of Servings: 12 Preparation Time: 10 minutes

Directions

- 1. Preheat oven to 375°F. Line 12 muffin cups with paper liners and set aside. In large bowl, combine flour, sugar, baking powder, baking soda, cinnamon, and salt and mix well. Set aside. In medium bowl, combine applesauce and oil.
- 2. Crack the egg into a clean cup and check for shell and freshness before adding it to the bowl.
- 3. Add the egg to the applesauce and mix together until well blended. Add wet ingredients to dry ingredients and stir gently until combined. Lumpy batter is OK. Add raisins and nuts and mix well. Fill muffin cups 3/4 full of batter and bake for 20-25 minutes or until muffins are golden brown and firm. Remove to wire racks to cool. Serve warm.
- 4. You can also substitute 1/2 cup of granola, 1 cup of raisins and 1/4 cup of chopped pecans for the raisin bran.

Recipes

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter www.facebook.com/vafnp www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1 muffin Servings: 12 muffins

| Amount Per S | Serving | | | |
|------------------|------------|-----------------------|------------|--|
| Calories 190 | | Calories from Fat 45 | | |
| | | %Daily \ | /alue* | |
| Total Fat 5 | g | | 7% | |
| Saturated Fat 1g | | | 4% | |
| Cholesterol 18mg | | | 6% | |
| Sodium 18 | 2mg | | 8% | |
| Total Carbo | e 34g | 11% | | |
| Dietary F | iber 3g | | 11% | |
| Protein 4g | | | 10% | |
| Vitamin A | 5% | Vitamin C | 1% | |
| Iron | 20% | Calcium | 11% | |
| *Percent Daily | Values are | based on a 2,000 cald | orie diet. | |

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



2013



Virginia Cooperative Extension Virginia Tech • Virginia State University

VCEP-5NP

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, VPI & SU, VSU, and the U.S.D.A. cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Administrator, 1890 Extension Program, Virginia State, Petersburg.