

Apple Raisin Bran Muffins

Ingredients:

- 1 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.

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Nutrition Facts	
Serving Size: 1 muffin	
Servings: 12 muffins	
Amount Per Serving	
Calories 190	Calories from Fat 45
%Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	4%
Cholesterol 18mg	6%
Sodium 182mg	8%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	11%
Protein 4g	10%
Vitamin A 5%	Vitamin C 1%
Iron 20%	Calcium 11%
*Percent Daily Values are based on a 2,000 calorie diet.	

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