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 375ºF. Line 12 muffin cups with paper liners and set aside. In a large bowl, combine flour, sugar, baking powder, baking soda, cinnamon, and salt and mix well. Set aside. In a 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.