

Healthy Bran Muffins



Ingredients:

- 1 Egg
- 1 Cup 1% or skim milk
- $\frac{1}{4}$ Cup vegetable oil
- 2 Cups bran flake cereal
- 1 Cup flour
- $\frac{1}{3}$ Cup sugar or Splenda sugar substitute
- 2 Teaspoons baking powder
- $\frac{1}{2}$ Teaspoon salt

Directions:

Preheat oven to 400 degrees. Grease 12 regular, or 24 mini-muffin tins, or use paper liners. Combine egg, milk, oil and cereal. Set aside. Stir remaining ingredients together. Add cereal mixture all at once to dry ingredients. Stir just until moistened. Fill muffin cups $\frac{3}{4}$ full. Bake about 20 minutes for regular-sized muffins, (or 10 minutes for mini-sized muffins), or until lightly browned. Cool muffins on rack.

Yield: 12 regular muffins or 24 mini-muffins

Serving size: 1 regular or 2 mini-muffins