

Bran Muffins, High Fiber

Recipe by Nabisco

Makes 12 muffins

Ingredients

- 2 cups Nabisco 100% Bran
- 1 1/4 cups milk
- 1 cup all-purpose flour
- 1/3 cup firmly packed brown sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 cup margarine, melted
- 1 egg, beaten

Instructions

1. Combine bran and milk; let stand for 5 minutes.
2. Combine the next four ingredients (flour, brown sugar, baking powder, and baking soda); set aside.
3. Mix margarine and egg into bran mixture.
4. Stir in flour mixture just until blended.
5. Spoon into 12 greased, 2 1/2-inch muffin pan cups.
6. Bake at 400°F for 18 minutes or till done.
7. Serve warm.

Nutrition per muffin: 148 calories, 237 mg sodium, 22 mg cholesterol, 5 gm total fat, 2 gm saturated fat, 3 gm dietary fiber.

BRAN MUFFINS, HIGH FIBER

NABISCO

2 cups Nabisco 100% Bran
1 $\frac{1}{4}$ cups milk
1 cup all-purpose flour
1/3 cup firmly packed brown sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 cup margarine, melted
1 egg, beaten

Combine bran and milk; let stand for 5 minutes.

Combine next four ingredients; set aside.
Mix margarine and egg into bran mixture.
Stir in flour mixture just until blended.
Spoon into 12 greased, 2½-inch muffin pan cups.

Bake at 400 degrees for 18 minutes or till done.
Serve warm.

148 calories, 237 mg sodium, 22 mg cholesterol,
5 gm total fat, 2 gm saturated fat, 3 gm dietary
fiber,