

BITS and BITES

Bran Raisin Muffin

Makes 12 Muffins

Serving Size: 1 muffin

Ingredients

- 1 $\frac{3}{4}$ cups all-purpose flour
- 2 tbsp. sugar
- 2 $\frac{1}{2}$ cups whole-grain bran flake & raisin cereal
- 1 $\frac{3}{4}$ cups fat-free milk
- 1/3 cup honey
- 1 egg
- $\frac{1}{4}$ cup vegetable oil
- 1 tbsp. baking powder
- $\frac{1}{4}$ tsp. salt

Directions

1. Stir together flour, baking powder, salt, & sugar. Set aside.
2. In a large mixing bowl, combine cereal, milk, & honey. Let stand 3 minutes or until cereal softens. Add egg & oil. Beat well. Add flour mixture, stirring only until combined. Portion batter evenly into twelve 2 $\frac{1}{2}$ -inch muffin pan cups coated with cooking spray.
3. Bake at 400 degrees F for 20 minutes or until lightly browned. Serve warm.

Bran Raisin Muffins are a yummy breakfast or snack for the whole family! Try adding:

- $\frac{1}{2}$ cup chopped apples or apple sauce
- 2 medium ripe mashed bananas
- Chopped pecans, walnuts, or almonds

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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