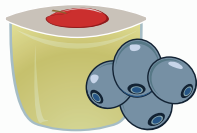


Fruit



Awesome Low-Fat Blueberry Bran Muffins

It's a tasty
winning
recipe!



Ingredients:

- 1 1/2 cups bran cereal
- 1 cup milk - skim/nonfat
- 1/2 cup unsweetened applesauce
- 1 egg
- 2/3 cup brown sugar
- 1/2 tsp vanilla extract
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 1/2 cups blueberries

Safety:

Ask a parent or guardian for help when using the oven.

Directions:

1. Pre-heat oven to 375 degrees F. Grease muffin cups or use paper muffin liners.
2. Mix together bran cereal and milk. Let stand for 20 minutes. Beat mixture to break up softened bran.
3. In a large bowl, mix together applesauce, egg, brown sugar and vanilla. Beat in bran mixture.
4. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, salt, cinnamon and nutmeg. Stir into bran mixture until just blended.
5. Fold in blueberries.
6. Scoop batter into muffin cups.
7. Bake in preheated oven for 15 to 20 minutes or until tops spring back when lightly tapped.

Nutrition:

Recipe makes 12 servings
Each serving counts as 1 fruit

Recipe created by Recipalooza 2011 winner Megan A. "Binky" of Redmond, OR

from the kitchen of
Playnormous

