

Awesome Low-Fat Blueberry Bran Muffins

Description: Easy to make, good for you and awesome tasting muffins!

Category: Snack

Difficulty: Easy

Prep Time: 25 minutes

Cook Time: 15 minutes

Ingredients:

- 1 ½ cups bran cereal
- 1 cup milk – skim / nonfat
- ½ cup unsweetened applesauce
- 1 egg
- 2/3 cup brown sugar
- ½ tsp vanilla extract
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 1 ½ cups blueberries

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.
3. After soaking, beat the mixture to break up the softened bran.
4. In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture.
5. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, salt, cinnamon and salt. Stir into bran mixture until just blended.
6. Fold in blueberries.
7. Scoop into muffin cups.
8. Bake in preheated oven for 15 to 20 minutes or until tops spring back when lightly tapped.

Nutrition:

- This recipe makes 12 servings.
- Each serving counts as 1 fruit.

Safety:

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

Source: Created by Recipalooza 2011 winner Megan A. “Binky” of Redmond, OR

