

BRAN MUFFINS

1 C. oatmeal 1/2 C. vegetable oil 1/2 C. applesauce 3 C. All-Bran cereal 2 C. boiling water 1 1/2 C. sugar

Add:

- 4 eggs, beaten until foamy
- 5 tsp. baking soda
- 5 C. flour
- 1 qt. buttermilk (low-fat)
- 2 C. additional All-Bran cereal

Nutrition Facts Serving Size (63g) Servings Per Container Amount Per Serving			
Calories 160 Calories from Fat 50			
% Daily Value*			
Total Fat 6g			9 %
Saturated Fat 1g			5 %
Trans Fat 0g			
Cholesterol 15mg 5%			5%
Sodium 180mg			8%
Total Carbohydrate 24g 8%			
Dietary Fiber 2g			8%
Sugars 11g			
Protein 4q			
Vitamin A 2%	6 • Y	Vitamin (2%
Calcium 6%	•	ron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grau Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Mix first six ingredients and cool thoroughly in a large bowl. Add the rest of the ingredients and stir mixture together but DO NOT BEAT. Put in tightly covered container. Keeps up to six weeks in the refrigerator. Do not stir again. Scoop into greased or lined muffin pans. Bake in preheated 400° oven for 12 to 15 minutes.

NUTRITION FACTS: Serving size: 1 muffin per serving, 60 muffins