

LiveBetter with MedWatch

Honey Raisin Bran Muffins

Ingredients

- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 Tbsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 2 Tbsp. sugar
- 2 $\frac{1}{2}$ cups raisin bran cereal
- 1 $\frac{1}{4}$ cups skim milk
- $\frac{1}{3}$ cup honey
- 1 egg
- $\frac{1}{4}$ cup vegetable oil
- * vegetable cooking spray

Preparation

1. Preheat oven to 400°.
2. Stir together flour, baking powder, salt, and sugar. Set aside.
3. In large mixing bowl, combine raisin bran cereal, milk and honey. Let stand 3 minutes or until cereal softens. Add egg and 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.
4. Bake for 20 minutes, or until lightly browned. Serve warm.

Makes 12 muffins. Serving size: 1 muffin.



Nutrition Analysis

Per serving: 190 calories, 5 g fat (0.5 g saturated fat), 20 mg cholesterol, 260 mg sodium, 2 g fiber



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