

Peach Bran Muffins

Makes: 12 Servings

Choose canned peaches packed in light or extra light syrup. Canned peaches are a tasty addition to this bran muffin recipe.

Ingredients

1 1/2 cups bran cereal
1 cup 1% low-fat milk
1 egg (beaten)
1/4 cup vegetable oil
1 cup flour
1/4 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 teaspoon lemon peel (if you like)
1/4 teaspoon salt
1 cup drained canned peaches (chopped)
nonstick cooking spray

Directions

1. Preheat oven to 400 degrees F.
2. In a medium bowl, combine bran cereal and milk; let soak for 3 minutes or until liquid is absorbed.
3. Stir in egg and oil.
4. In another bowl, combine flour, sugar, baking powder, baking soda, cinnamon, and salt. If using lemon peel, add that too.
5. Add bran mixture, all at once, to flour mixture, stirring just until wet; batter will be thick.
6. Gently stir in peaches.
7. Fill muffin cups coated with nonstick cooking spray to just below the rim, making sure not to fill completely.
8. Bake for 20-25 minutes.

9. Cool in pan for 10 minutes; remove and serve.