

Oat Bran Muffins

Rating: ★★

Makes: 12 servings

Ingredients

- 2 1/4 cups oat bran
- 1/4 cup brown sugar (firmly packed)
- 1 1/2 teaspoons cinnamon
- 1 tablespoon baking powder
- 1 banana (mashed)
- 3/4 cup applesauce (unsweetened)
- 2 tablespoons raisins, dates, or other dried fruit
- 1 large egg
- 1/2 cup orange juice
- 3/4 cup non-fat milk
- 2 tablespoons canola oil

Directions

1. Preheat oven to 425 degrees.
2. Mix the first four dry ingredients. Set aside. Mix the egg with orange juice, milk and oil. Mix fruit and blend with dry ingredients.
3. Add the liquid ingredients to the dry until it is moist.
4. Spray muffin tin with a non-stick coating. Pour batter into muffin tins.
5. Bake for 15-17 minutes. Remove muffins from pan after 10 minutes. Cool on a rack. Freeze muffins for later use.

Utah State University Cooperative Extension, Healthy Eating for Older Adults

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	4 g	6%
Protein	4 g	
Carbohydrates	24 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	135 mg	6%