

Yogurt Bran Muffins

Ingredients:

- 1 cup Fiber One® original bran cereal
- 2 egg whites or 1 egg, slightly beaten
- ¼ cup vegetable oil
- 12 oz. non-fat plain yogurt
- 1 ½ cups flour
- ⅓ cup packed brown sugar
- 1 ¼ teaspoons baking soda
- ½ teaspoon salt
- ½ cup fresh raspberries or blueberries



*SOY FREE



*DAIRY FREE

Nutrition Facts

Serving Size 1 muffin (71g)	
Servings Per Container 12	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 4g	
Vitamin A 2%	Vitamin C 4%
Calcium 8%	Iron 6%
*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	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. Heat oven to 400°F.
2. Place a paper baking cup in each of 12 regular-size muffin cups.
3. Place cereal in resalable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
4. In medium bowl, stir together egg whites, oil and yogurt.
5. Add cereal, flour, brown sugar, baking soda and salt; stir just until dry ingredients are moistened.
6. Gently stir in berries. Divide batter evenly among muffin cups, filling each ¾ full.
7. Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.