

# Oat Bran Muffins

## Ingredients:

- 2 ½ cups uncooked oat bran
- ½ cup walnuts or pecans, chopped
- ½ cup raisins
- 1 Tbsp. baking powder
- ¼ cup brown sugar, packed
- 1 tsp. cinnamon (optional)
- ¼ tsp. salt (optional)
- 1 cup non-fat milk or milk substitute
- ½ cup applesauce, unsweetened apple butter or unsweetened pureed apricots (baby food)
- 2 Tbsp. honey or agave syrup
- 2 egg whites, slightly beaten
- 2 Tbsp. grapeseed or avocado oil
- 1 medium apple, grated



Servings: 12



\*SOY FREE

## Nutrition Facts

12 servings per container

Serving size 1 Muffin (87g)

Amount per serving

**Calories 160**

% Daily Value\*

Total Fat 7g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 26g 9%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 3g Added Sugars 6%

Protein 6g

Vitamin D 0mcg 0%

Calcium 191mg 15%

Iron 2mg 10%

Potassium 195mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Instructions:

1. Preheat oven to 425°F.
2. Combine dry ingredients.
3. Combine liquid ingredients and apple.
4. Add to dry ingredients and blend.
5. Fill prepared muffin cups and bake 15 to 17 minutes or until golden brown.
6. Makes 12 muffins.