

Debbie's Bran Muffins

Prep Time:

20 Minutes

Cook Time:

20 minutes

Serves:

1 Dozen

About the Recipe

Delicious and healthy bran muffins. Full of fiber.

Ingredients

1 1/4 cups All Purpose Flour

1/2 cup sugar

1 tablespoon baking powder

1/4 teaspoon salt

2 cups Kellogg's All-Bran cereal

1 1/4 cups fat-free milk

1 egg

1/4 cup vegetable oil

Preparation**Step 1**

Stir together flour, sugar, baking powder and salt. Set aside.

Step 2

In a large mixing bowl, combine cereal and milk. Let stand 2 minutes or until cereal softens.

Step 3

Add egg and oil. Beat well. Add flour mixture, stirring only until combined.

Step 4

Portion evenly into twelve 2 1/2 inch muffin pan cups with paper liners.

Step 5 Bake at 400 degrees for 20 minutes or until golden brown.

Serve warm.