



Fruity Oat Bran Muffins

Makes 12 muffins

2 ¼ cups uncooked oat bran (sometimes sold as “oat bran cereal”)
½ cup dried cranberries or other dried fruit (chopped if large) or 1 cup fresh blueberries
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
Whites from 2 large eggs or 1 large egg
½ cup brown sugar
½ cup buttermilk or plain low-fat yogurt
2 tablespoons vegetable oil

- Heat oven to 350 degrees F. Lightly spray 12 regular-size muffin cups with cooking spray.
- Mix oat bran, dried fruits, baking powder, baking soda and salt in a small bowl.
- In a large bowl whisk remaining ingredients until well blended.
- Add oat bran mixture; stir to mix well.
- Spoon batter into prepared muffin cups
- Bake 30 to 35 minutes, until muffins are lightly browned and spring back when lightly pressed.
- Turn out onto wire rack to cool. Serve warm or at room temperature. Best to store in the freezer if not eating them up in one day; thaw in microwave.

Nutritional information:

Calories: 103.2

Saturated Fat: 0.3g

Carbohydrates: 24.1g

Protein: 2.4g

Total Fat: 2.9g

Cholesterol: 0.4mg

Dietary Fiber: 1.6g

Sodium: 101.6mg