

Fiber One® Bran Muffins

12 paper baking cups or
cooking spray to grease
pan
1¼ cups Fiber One®
cereal or 2 cups bran cereal
flakes

1 1/3 cups milk
½ cup raisins, if desired
½ tsp. vanilla
¼ cup vegetable oil
1 large egg
1¼ cups all-purpose flour

½ cup packed brown sugar
3 tsp. baking powder
¼ tsp. salt
¼ tsp. ground cinnamon, if
desired

Heat the oven to 400°F. Place a paper baking cup in each of 12 regular-size muffin cups, or spray just the bottoms of the cups with cooking spray.

Place cereal in a resealable food-storage plastic bag; seal the bag. Roll over cereal with a rolling pin or bottle, or press with bottom of small saucepan, to crush cereal into fine crumbs.



In a medium bowl, stir the crushed cereal, milk, raisins and vanilla until well mixed. Let stand about 5 minutes or until cereal has softened. Beat in the oil and egg with a fork.

In another medium bowl, stir the flour, brown sugar, baking powder, salt and cinnamon until well mixed. Stir flour mixture into cereal mixture just until flour is moistened (batter will be lumpy). Spoon the batter into the cups, dividing batter evenly.

Bake 20 to 25 minutes or until a toothpick inserted in the center comes out clean. If muffins were baked in paper baking cups, immediately remove from pan to a cooling rack. If muffins were baked in a sprayed pan, leave in pan about 5 minutes, then remove from pan to a cooling rack. Serve warm if desired.

Nutritional Information: Calories: 170, Fat: 1g

Use of trade names does not imply endorsement by the North Carolina Cooperative Extension of the products named nor criticism of similar products not mentioned.

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