

CRANBERRY BRAN MUFFINS

Yield 100

Portion 1 Muffin

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 177 cal | 35 g | 3 g | 4 g | 10 mg | 239 mg | 111 mg |

Ingredient

APPLESAUCE,CANNED,SWEETENED
 WATER
 CEREAL,ALL BRAN,BULK
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 CRANBERRIES,FRESH
 COOKING SPRAY,NONSTICK

Weight

5-1/4 lbs
 2-1/8 lbs
 1-7/8 lbs
 3-5/8 lbs
 2-1/4 lbs
 4-3/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 8-5/8 oz
 8-1/2 oz
 9-5/8 oz
 1-3/4 lbs
 2 oz

Measure

2 qts 1-3/8 cup
 1 qts
 2 qts 2 cup
 3 qts 1 cup
 1 qts 1 cup
 1/2 cup 1 tbsp
 1 tbsp
 2 tbsp
 1/3 tsp
 1 cup
 1 cup
 1-1/4 cup
 2 qts 3/8 cup
 1/4 cup 1/3 tbsp

Issue

1-7/8 lbs

Method

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds. DO NOT OVER MIX. Fold cranberries into batter.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly browned.