

**BLUEBERRY BRAN MUFFINS**

**Yield** 100

**Portion** 1 Muffin

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
174 cal	34 g	3 g	4 g	10 mg	239 mg	110 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  
 BLUEBERRIES,FROZEN,UNSWEETENED  
 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  
 10-7/8 oz  
 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 cup  
 1/4 cup 1/3 tbsp

**Issue**

**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 in blueberries.
- 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 brown.