

BRAN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
173 cal	34 g	3 g	4 g	12 mg	240 mg	110 mg

Ingredient

Weight

Measure

Issue

APPLESAUCE,CANNED,SWEETENED	5-1/4 lbs	2 qts 1-3/8 cup	
WATER	2-1/8 lbs	1 qts	
CEREAL,ALL BRAN,BULK	1-7/8 lbs	2 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	3-5/8 lbs	3 qts 1 cup	
SUGAR,GRANULATED	2-1/4 lbs	1 qts 1 cup	
BAKING POWDER	4-3/8 oz	1/2 cup 1 tbsp	
SALT	3/4 oz	1 tbsp	
CINNAMON,GROUND	1/2 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
EGGS,WHOLE,FROZEN	9-1/2 oz	1-1/8 cup	
EGG WHITES,FROZEN,THAWED	9-1/2 oz	1-1/8 cup	
OIL,SALAD	9-5/8 oz	1-1/4 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

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; scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX.
- 4 Lightly spray 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.