



Eating Smart and Being Active During Pregnancy

Bran Muffins

Makes: 10-12 muffins
Preparation Time: 10 minutes
Cooking Time: 15-20 minutes

Ingredients

- ¾ cup all-purpose flour
- ½ cup whole wheat flour
- ¼ teaspoon of salt
- ½ teaspoon baking soda
- ½ cup sugar
- 1 ¾ cups bran flake cereal with raisins
- 1 egg
- 1 cup buttermilk (substitute for buttermilk: add 1 tablespoon vinegar or lemon juice to 1 cup milk)
- 2 tablespoons vegetable oil

Nutrition Facts

Serving Size 1 Muffin (55g)
Servings Per Container About 24

Amount Per Serving	
Calories 130	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 4g	

To Bake

1. Preheat oven to 425 degrees F. Spray or grease the bottoms of a muffin tin.
2. Put flour in a large bowl. Add salt, baking soda, and sugar. Mix well.
3. Stir in the bran flake cereal. Mix well.
4. Make a well in the center of the mixture and set aside.
5. In another bowl, beat the egg, buttermilk, and oil together.
6. Pour the egg mixture into the well of the cereal mixture and stir until all ingredients are moist. Do not over mix.
7. Fill the tins 2/3 full.
8. Bake for 15-20 minutes or until golden brown.
9. If not eaten right away, wrap the baked muffins in foil or a plastic bag and store in the freezer. Thaw for 15 seconds in the microwave or overnight in the refrigerator.



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