



STRONG Heart Program Recipe-of-the-Month

Applesauce Bran Cereal Muffins

Recipe from *Turning Over a New Leaf* pamphlet

Ingredients from Lori's Natural Foods

Ingredients:

1-1/4 cups whole wheat flour
1 tablespoon baking powder
2 cups raisin bran cereal
1 cup skim milk
1 egg, slightly beaten
1/2 cup applesauce
1/3 cup firmly packed brown sugar
2 tablespoons margarine, melted

Directions:

1. Mix flour and baking powder in large bowl.
2. Mix cereal and milk in medium bowl; let stand 3 minutes. Stir in egg, applesauce, sugar and margarine. Add to flour mixture, stir just until moistened (batter will be lumpy).
3. Spoon batter into muffin pan sprayed with no stick cooking spray, filling each cup 2/3 full.
4. Bake at 400° F for 20 minutes or until golden brown. Serve warm.

Yield: 12

Serving Size: 1 muffin

Nutrition Information: 140 calories, 2.5g fat, less than 1g sat. fat, 20mg cholesterol, 180mg sodium, 27g carbohydrate, 3g fiber, 3g protein.