



STRONG Heart Program Recipe-of-the-Month

Heart Smart Bran Muffins

Recipe from Splenda.com

Ingredients compliments of Lori's Natural Foods Store and Wegman's

Ingredients:

¼ cup unsweetened applesauce
1 large egg
1 ½ cups low-fat buttermilk
3 tablespoons Canola oil
2 teaspoons vanilla
¼ cup nonfat dry milk
¾ cup Splenda® Granular
1 cup wheat bran (also know as Millers Bran)
1 ½ cups whole wheat flour
1 ½ teaspoon baking soda
1 teaspoon cinnamon
2 tablespoons ground flaxseeds
2 tablespoons dried currents (or raisins)

Directions:

1. Preheat oven to 350°F. Spray a muffin pan with nonstick spray or line muffin cups with paper liners.
2. Mix applesauce, egg, buttermilk, oil, vanilla, dry milk, and Splenda® Granular together in a large mixing bowl using a wire whisk. Stir until well blended. Add remaining wheat bran, flour, baking soda, and cinnamon. Stir well. Add remaining ingredients and stir until well mixed.
3. Fill muffin cups with batter. Bake in preheated oven 20-25 minutes. Muffins will spring back slightly to the touch when done.

Servings: 12 **Serving Size:** 1 muffin

Nutrition Information: 140 calories, 5g fat, 0.5g sat. fat, 25mg cholesterol, 200mg sodium, 20g carbohydrate, 4g fiber, 5g protein.