

Cut on the dotted lines and then fold to fit inside your recipe box.

The Original All-Bran™ Muffins

Ingredients

- 1 1/4 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 2 cups Ready-To-Eat Cereal **All-Bran**® Original
- 1 1/4 cups fat-free milk
- 1 egg
- 1/4 cup vegetable oil

Preparation Time: 20 minutes

Total Time: 50 minutes

Servings: 12

Directions

1. Stir together flour, sugar, baking powder and salt. Set aside.
2. In large mixing bowl, combine KELLOGG'S ALL-BRAN cereal and milk. Let stand about 2 minutes or until cereal softens. Add egg and oil. Beat well. Add flour mixture, stirring only until combined. Portion evenly into twelve 2 1/2-inch muffin pan cups coated with cooking spray.
3. Bake at 400° F about 20 minutes or until golden brown. Serve warm.

Note

VARIATION: For muffins with reduced calories, fat and cholesterol, use 2 tablespoons sugar, 2 tablespoons oil and substitute 2 egg whites for 1 egg.

VARIATION: For muffins with reduced fat and cholesterol, substitute 2 egg whites for 1 egg and 1/4 cup sweetened applesauce (or 2 oz. jar bananas baby food) for 1/4 cup vegetable oil. (Muffin texture may vary slightly from The Original All-Bran Muffins recipe.)