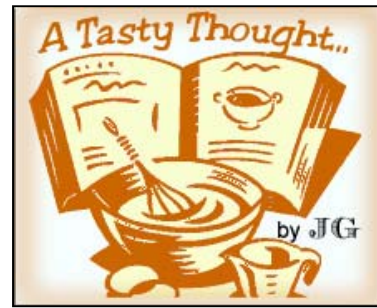


## A Recipe compliments of



TRIM ON DOTTED LINE AND  
FOLD FOR RECIPE CARD



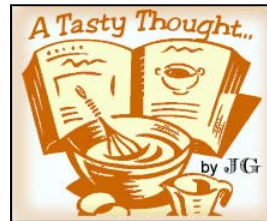
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### Bran Muffins

Oven: 400°F Time: About 25 Minutes

#### Ingredients

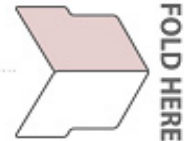
- 1 and ½ Cups Kellogg's All Bran Cereal
- 1 and ¼ Cups Milk (Can use Soy Milk)
- 1 and ¼ Cups Flour
- 3 tsp. Baking Powder
- ½ tsp. Salt
- ½ Cup Sugar
- 2 Egg Whites
- 1/3 Cup Vegetable Oil
- ¼ Cup Raisins



#### Method

1. In a bowl combine All Bran Cereal and Milk and stir. Let stand 2 minutes.
2. In another bowl combine dry ingredients and stir.
3. Beat Egg Whites with a fork.
4. Combine Egg Whites and Vegetable Oil with Cereal/Milk mixture and stir well.
5. Add dry ingredients and raisins. Stir only until combined.
6. Portion batter into 12 muffin cups.
7. Bake at 400°F about 25 minutes or until muffins are golden brown.

Enjoy!!!  
JG



## A Tasty Thought by JG

JG is an expert cook with over 30 years of experience who has been sharing her favorite family recipes on LongmeadowBiz. Her recipes are simple while the results are outstanding.



Check out my blog for additional hints/ recipes at <http://www.atastythought.blogspot.com/>