



Honey Walnut Bran Muffins

Prep: 15 minutes plus cooling

Bake: 20 minutes • Makes: 12 muffins

- 1½ cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 large egg
- ¼ cup organic fat-free milk
- 6 tablespoons honey
- 4 tablespoons unsalted butter, melted
- ½ teaspoon vanilla extract
- 1½ cups bran cereal such as All-Bran® Original
- 1½ cups plain low fat yogurt
- 12 paper muffin-cup liners
- ¼ cup chopped walnuts

1. Preheat oven to 375°. In medium bowl, whisk together flour, baking powder, baking soda and salt. In separate medium bowl, whisk egg lightly; stir in milk, honey, butter and vanilla extract.

2. In small bowl, combine cereal and yogurt; let stand 3 minutes. Stir yogurt mixture into egg mixture. Add flour mixture and stir just until combined (batter will be lumpy).

3. Line 12 standard muffin cups with liners. Spoon batter into cups and sprinkle with walnuts. Bake 18 to 20 minutes or until tops are lightly browned and toothpick inserted in center of muffins comes out clean. Cool muffins in pan 5 minutes. Remove muffins from cups to wire rack. Cool 10 minutes and serve warm.

Approximate nutritional values per serving (1 muffin): 180 Calories, 7g Fat (35% of total calories), 3g Saturated (15% of total calories), 30mg Cholesterol, 280mg Sodium, 28g Carbohydrates, 4g Fiber, 5g Protein

Dietary Exchanges:

2 Starch; 1 Protein; 1 Fat