

BANANA BRAN MUFFINS

Yield 100

Portion 1 Muffin

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 181 cal | 36 g | 3 g | 4 g | 10 mg | 239 mg | 111 mg |

Ingredient

APPLESAUCE,CANNED,SWEETENED
 WATER
 CEREAL,ALL BRAN,BULK
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 BANANA,FRESH
 COOKING SPRAY,NONSTICK

Weight

5-1/4 lbs
 2-1/8 lbs
 1-7/8 lbs
 3-5/8 lbs
 2-1/4 lbs
 4-3/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 8-5/8 oz
 8-1/2 oz
 9-5/8 oz
 2 lbs
 2 oz

Measure

2 qts 1-3/8 cup
 1 qts
 2 qts 2 cup
 3 qts 1 cup
 1 qts 1 cup
 1/2 cup 1 tbsp
 1 tbsp
 2 tbsp
 1/3 tsp
 1 cup
 1 cup
 1-1/4 cup
 1/4 cup 1/3 tbsp

Issue

3-1/8 lbs

Method

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds, scrape down sides and bottom of mixer bowl. Mix untril dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX. Fold bananas into batter.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly browned.