

Oat bran baking book - 85 delicious, low-fat, low-cholesterol recipes

Contemporary Books - Bran Muffins



Description: -

- Baking

Cookery (Oat bran) oat bran baking book - 85 delicious, low-fat, low-cholesterol recipes

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Notes: Includes index.

This edition was published in 1989



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Tags: #1,001 #Heart #Healthy #Recipes: #Flavorful #Heart

Dukan Oat Bran Galette (Pancake) Attack Phase Recipe

All recipe ingredients except optional items included in determining nutritional estimates. In a large bowl or standing mixer whip butter and sugar, add in egg and vanilla.

Nancy Baggett

As far as the ingredients go, although some bran muffin recipes do use a commercial bran cereal, this recipe uses unprocessed wheat bran which is so much cheaper than commercial bran cereals.

Glick, Ruth 1942

She has demonstrated her recipes on many television shows, including Good Morning America and CBS This Morning. Stir in brown sugar or liquid sweetening.

Watching What I Eat: Oat Bran Muffins ~ The 8

They really do become addictive after you've eaten them for a few days and I began to look forward to having them with breakfast or as a snack.

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