

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

## Contemporary Books - Bran Muffins



Description: -

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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



Filesize: 38.96 MB

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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