

The Original All-Bran™ Muffins

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Ingredients:

- 1 1/4 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 2 cups KELLOGG'S® ALL-BRAN® cereal
- 1 1/4 cups fat-free milk
- 1 egg
- 1/4 cup vegetable oil

Directions:

1. In mixing bowl, stir together flour, sugar, baking powder and salt. Set aside.

2. In large mixing bowl, combine KELLOGG'S ALL-BRAN cereal and milk. Let stand 5 minutes or until cereal softens. Add egg and oil. Beat well. Add flour mixture, stirring only until combined. Portion evenly into twelve 2 1/2-inch muffin-pan cups coated with cooking spray.

3. Bake at 400° F 20 minutes or until lightly browned. Serve warm.

Recipe Hints:

VARIATION: For muffins with Reduced Calories, Fat and Cholesterol: Use 2 tablespoons sugar, 2 tablespoons oil and substitute 2 egg whites for 1 egg.

VARIATION: For muffins with reduced fat and cholesterol: substitute 2 egg whites for 1 egg and 1/4 cup sweetened applesauce (or 2 oz. jar bananas baby food) for 1/4 cup vegetable oil. Please note: Muffin texture may vary slightly from The Original All-Bran™ Muffins recipe.

Also referred to as Our Best™ Bran Muffins

Nutrition Facts:

Yield: 12 muffins
Serving Size: 1 muffin (57 grams)

	Nutritive Values	% Daily Value
Calories:	170	
Calories from Fat:	45	
Total Fat:	5 g	8%
Saturated Fat:	1 g	4%
Cholesterol:	20 mg	6%
Sodium:	270 mg	11%