



Low Fat Blueberry Bran Muffins

Ingredients

1 1/2 cups wheat bran	1/2 cup all-purpose flour
1 cup nonfat milk	1/2 cup whole wheat flour
1/2 cup unsweetened applesauce	1 teaspoon baking soda
1 egg	1 teaspoon baking powder
2/3 cup brown sugar	1/2 teaspoon salt
1/2 teaspoon vanilla extract	1 cup blueberries

Nutrition Facts (per muffin)

Calories	107
Fat (g)	1
Saturated Fat (g)	0.25
Cholesterol (mg)	18
Sodium (mg)	156
Carbohydrate (g)	24
Fiber (g)	4
Protein (g)	4
Calcium (mg)	72

Preparation

Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or use paper muffin liners. Mix together wheat bran and milk, and let stand for 10 minutes.

In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. Stir into bran mixture until just blended. Fold in blueberries. Scoop into muffin cups.

Bake in preheated oven for 15 to 20 minutes, or until tops spring back when lightly tapped.

Makes 12

