

Wheat Bran Muffins

Preparation: 10 minutes

Cooking: 20 minutes

Yields: 12 muffins

Ingredients

1 egg	1 1/2 cups all-purpose flour
1/2 cup white sugar	1/2 cup wheat bran
1/3 cup vegetable oil	1 1/2 teaspoons baking soda
1 teaspoon vanilla extract	1 cup cranberries, fresh or frozen
1 cup rice beverage (unfortified)	1/2 cup raspberries, fresh or frozen

Directions

- 1) Preheat conventional oven to 350°F.
- 2) Line the muffin tins with paper cups.
- 3) In a mixing bowl, whisk the egg, sugar, oil and vanilla together.
- 4) Add the rice beverage and mix to combine.
- 5) In a separate bowl, sift together the flour, wheat bran and baking soda.
- 6) Add the dry ingredients to the wet ingredients and mix thoroughly.
- 7) Fold the berries into the muffin mixture.
- 8) Divide the batter among the 12 muffin cups and bake for approximately 20 minutes or until the tops of the muffins spring back upon touch.

Nutrients per Serving: Calories: 181, Protein: 3 g, Carbohydrates: 26 g, Fat: 7 g, Cholesterol: 16 mg, Sodium: 147 mg, Potassium: 56 mg, Phosphorous: 74 mg, Calcium: 15mg, Fiber: 2g.

Renal and diabetic food choices: 1 ½ low potassium fruit, 1 ½ starch, 1 fat, ½ protein

Adapted from myspiceitup.ca