

# Oat Bran Muffins

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Who would have thought oat bran muffins could be soooo delicious!!!!

Recipe adapted from the back of the Bob's Red Mill Oat Bran Hot Cereal Bag

Blue – 2 points per muffin

Purple – 2 points per muffin

Green – 1 muffin – 2 points; 2 muffins-5 points

- 3/4 cup whole wheat flour
- 3/4 cup Bob's Red Mill Oat Bran Cereal
- 1/2 cup zero calorie brown sugar (I use Surkin Gold)
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/3 cup mashed banana
- 1/2 cup non fat plain Greek yogurt
- 1 egg
- 2 Tbsp unsweetened applesauce
- 1/2 tsp vanilla
- 1/2 cup shredded carrots
- 1/3 cup chopped walnuts

1. Preheat oven to 400

2. Mix dry ingredients.
3. In a separate bowl, mix wet ingredients
4. Add dry mixture to wet mixture and stir until just moistened – do not overmix
5. Fold in carrots and walnuts.
6. Lightly grease (spray) a muffin tin.
7. Fill each cup  $\frac{2}{3}$  full of batter
8. Bake for 15 to 20 minutes. Makes 12 muffins