

Low Fat Apple Oat Bran Muffins

Heart Healthy Recipe of the Month

Source: <http://www.allrecipes.com>

Number of Servings: 12

Serving Size: 1 muffin

Ingredients:

- 1 1/2 cups wheat bran
- 1 cup low fat buttermilk
- 1 cup all purpose flour
- 1/3 cup packed brown sugar
- 1 tsp. baking soda
- 2 egg whites
- 1 apple grated

Directions

1. Combine wheat bran and buttermilk. Let it soak for 10 minutes.
2. Preheat oven to 350 degrees and grease muffin pan.
3. In a large bowl mix flour, baking soda and brown sugar. Stir in wheat bran mixture and egg whites. Fold in grated apple.
4. Bake for 16 to 18 minutes. Allow muffins to cool before serving.

Nutrition Content:

- Calories: 85
- Total fat: .6g
- Cholesterol: <1mg
- Sodium: 137 mg
- Total fiber: 3.5g
- Protein: 3.5 g
- Carbohydrates: 18.9g