

Apple-Cinnamon Oat-Bran Muffins

12 Servings

Ingredients:

1/2 cup oat bran
1 cup whole-wheat flour
1/4 cup ground flaxseed
1 tsp. baking soda
1 1/2 tsp. baking powder
1 tsp. ground cinnamon
1 tsp. nutmeg
1 egg, beaten
4 Tbsp. canola oil
1/3 cup applesauce
1 shredded apple
1/4 cup sugar
1/4 cup chopped pecans

Directions:

Preheat oven to 350°F.

In a large bowl, whisk together egg and oil until smooth. Stir in applesauce, shredded apple, and sugar. Combine mixtures and fold in pecans.

Spoon batter into paper-lined muffin cups. Bake for 22 to 25 minutes or until tops spring back when lightly touched. Cool on a wire rack.

Nutritional Information:

One Serving

Calories: 147

Carbohydrates: 18g

Fat: 9g

Sodium: 163mg

Dietary Fiber: 3g

Protein: 3g

Source: www.cooking.com