Apple Carrot Muffins

INGREDIENTS:

1 ¾ cups raisin bran cereal
1 ¼ cups all-purpose flour
¾ cup sugar
1 ¼ teaspoons baking soda
1 teaspoon ground cinnamon
¼ teaspoon salt

1 egg
¾ cup buttermilk
¼ cup canola oil
¾ cup finely chopped peeled tart apple
¾ cup grated carrots
¼ cup chopped walnuts

DIRECTIONS:

In a bowl, combine the first six ingredients. In a small bowl, beat the egg, buttermilk and oil. Stir into dry ingredients just until moistened. Fold in apple, carrots and walnuts. Fill paper-lined muffin cups or muffin cups coated with nonstick cooking spray three-fourths full.

Bake at 400 °F degrees for 20-23 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.

Nutritional Analysis:
One muffin equals 199 calories, 7 g fat (1 g saturated fat), 18 mg cholesterol, 256 mg sodium, 32 g carbohydrate, 2 g fiber, 4 g protein. Diabetic Exchanges: 2 starch, ½ fruit.

For more information about nutrition and health educational programs contact:
Dana Tarter
Tarrant County Extension Agent Nutrition & Health
817-884-1294
d-tarter@tamu.edu