



From the Kitchen of: Bernice Borow LLC
Heart Healthy Apple Cinnamon Oat Bran Muffins

Mini muffin pan

½ cup oat bran
1 cup whole wheat flour
¼ cup ground flaxseed
1 tsp baking powder
1 tsp cinnamon
1 tsp nutmeg
1 egg beaten
4 Tbsp canola oil
½ cup applesauce
¼ cup sugar
¼ cup chopped pecans
Honey and/or maple syrup
Raisins, dried fruits, berries

Preheat oven to 350 degrees.

In large bowl, whisk together bran, flour, flaxseed, baking soda, baking powder, cinnamon and nutmeg.

In a separate bowl, whisk together egg, oil until smooth. Stir in applesauce and sugar. Combine mixes and fold in pecans and optional fruit, or raisins

Spoon batter into nonstick pans and bake 22-25 mins or until tops spring back. cool

Approx calories: 72, 4.5 gm fat, .5 gm sat fat, 80 mg sodium, 9 gm carbohydrate, 1.5 gm fiber, 1.5 gm protein
