

Breakfast Cereal Muffins



Ingredients:

- 1 egg
- 1/4 cup canola oil
- 1/2 cup low-fat milk
- 1/4 cup honey
- 1 cup flour
- 1/4 cup brown sugar, packed
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 cups bran breakfast cereal

Directions:

1. Preheat oven to 350 F.
2. Grease 12 medium sized muffin cups.
3. In a mixing bowl, beat eggs, oil, milk, and honey.
4. In a large bowl, combine the dry ingredients, mixing well.
5. Pour the wet ingredients into the dry and stir until flour is moist.
6. Fill muffin cups 2/3 full with batter.
7. Bake 20-25 minutes. Remove from pan immediately.

Makes 12 servings.



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