

Baby Bran Muffin

Yield: 24 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-bran-muffin-recipe-south-africa>

Ingredients:

- 2 cups whole wheat flour white, OR stone ground whole wheat flour
- 1 1/2 cups wheat bran
- 3/4 teaspoon fine grain sea salt
- 1 1/4 teaspoons baking soda
- 2 tablespoons cane sugar raw natural, OR brown sugar
- 2 cups yogurt full fat
- 1 egg lightly beaten
- 1/2 cup honey preferably a light honey such as clover
- 2 tablespoons melted butter
- 1 cup raisins add-ins of your choice -, chopped dried fruit, nuts, etc, optional

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 15 milligrams
4. Fat: 2 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 160 milligrams
9. Sugar: 10 grams

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