

# It's a Raisin Bran Muffin Makeover!

Yield: 18 min  
Total Time: 30 min

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

## Ingredients:

- 4 cups Raisin Bran Cereal ready-to-eat
- 2 cups fat free skim milk
- 1/2 cup canned pumpkin
- 1/2 cup egg substitute regular
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/2 cup brown sugar
- 6 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon salt

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 17 grams
3. Fiber: 1 grams
4. Protein: 3 grams
5. Sodium: 340 milligrams
6. Sugar: 6 grams

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