

Apple Bran Muffins

Yield: 12 min
Total Time: 50 min

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

Ingredients:

- 5 tablespoons light brown sugar packed
- 3 tablespoons chopped pecans
- 2 large eggs
- 1 1/4 cups bran Kellogg's Original All-, or similar product
- 1 cup fat free skim milk or fat-free buttermilk
- 2 tablespoons canola oil
- 2 tablespoons molasses
- 1 cup all-purpose flour
- 1/4 cup flaxseed meal ground flaxseed, not whole
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon baking soda
- 1/4 teaspoon table salt
- 1 apples large, peeled, cored, and shredded
- 1 apples large, chopped into small pieces

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 35 milligrams
4. Fat: 6 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 1 grams
8. Sodium: 220 milligrams
9. Sugar: 12 grams

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