

Janet's Bran Muffins

A Tasty bite which actually reduces Cholesterol!!

INGREDIENTS (Makes 12 Muffins)

2¼ cups of oat bran cereal

¼ cup of chopped nuts (walnuts, pecans, peanuts)

¼ cup of raisins or currants or dates

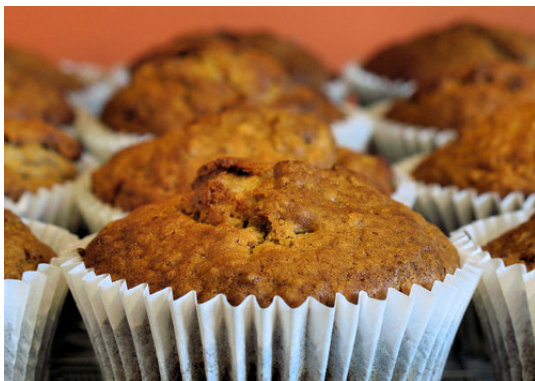
1 tablespoon of baking powder (NOT Soda)

¼ cup of brown sugar **OR** ¼ cup of honey **OR** Molasses

1¼ cups skimmed milk

2 egg whites

2 tablespoons of vegetable oil



Method

- (1) Preheat the oven to 425°F/220 °C (Gas mark 7)
- (2) In a large bowl combine oat bran cereal, nuts, raisins and baking powder
- (3) Stir in the brown sugar or liquid sweetening

- (4) Mix the milk, egg whites, and vegetable oil together and blend in with the oat bran mixture
- (5) Line Muffin pans with paper baking cups and fill them with the batter
- (6) Bake for 15 to 17 minutes (test for 'doneness' with a toothpick which should come out of the muffin moist but not wet!)
- (7) Keep the Muffins in the fridge and eat within three days