

Bran Muffins

1 cup flour

½ cup sugar

2½ teaspoons baking powder

½ teaspoon baking soda

1¼ cups 100% Bran cereal

1 cup skim milk

¼ cup egg substitute

¼ cup vegetable oil

Combine flour, sugar, baking powder, and baking soda; set aside. Mix 100% bran cereal and milk together. Let sit 5 minutes. Add egg substitute and oil to bran mixture, beating until blended; add flour mixture, stirring just until combined. Do not over mix. Line muffin pans with cupcake liners. Fill $\frac{2}{3}$ full. Bake at 350° for about 20 minutes or until done.

Yield: 12 muffins