

best Bran Muffins

No-stick cooking spray

1¼ cups flour

1 Tbsp baking powder

½ tsp salt

1 tsp cinnamon

1½ cups bran flakes cereal

¾ cup milk

½ cup brown sugar, firmly packed

1 egg

¼ cup oil

For a variation, add:

½ tsp vanilla

Sprinkle unbaked muffins with mixture of:


3 Tbsp flour

2 Tbsp brown sugar

1 Tbsp margarine

1 Heat oven to 400°F.

2 Coat 12 muffin cups (muffin pan) with no-stick cooking spray.

 **3** Stir together flour, baking powder, salt and cinnamon in a medium bowl.

 **4** Combine cereal and milk in a large bowl. Let stand 3 minutes until cereal is soft.

 **5** Add brown sugar, egg, oil and vanilla. Mix well.

 **6** Add flour mixture and stir just until blended.

7 Fill muffin cups ⅔ full with batter.

Bake 20 minutes or until lightly browned.

Let cool 5 minutes.

Remove muffins from pan and cool completely.

