Strawberry Lemonade Bran Muffins

Recipe

Makes about 12

Ingredients
♦ 1 1/2 cups oat bran
♦ 1 cup low fat buttermilk
♦ 1/3 cup applesauce
♦ 1 egg
♦ 2/3 cup brown sugar
♦ 1/2 teaspoon vanilla extract
♦ 1 cup all-purpose flour
♦ 1 teaspoon baking soda
♦ 1 teaspoon baking powder
♦ 1/2 cup diced fresh strawberries
♦ 2 tablespoons fresh lemon juice mixed with 2 teaspoons sugar

Directions
1. Preheat oven to 375 degrees F (190 degrees C). Line a muffin tray with muffin/cupcake liners.
2. Mix together oat bran and buttermilk; let stand for 10 minutes.
3. Add applesauce, egg, sugar, and vanilla into buttermilk mixture, mix well.
4. Whisk together flour, baking soda and baking powder in a clean bowl. Mix into buttermilk mixture, stirring until just combined, do not over mix.
5. Fold in strawberries.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Brush warm muffins with lemon mixture and serve.

Nutritional Information

Nutrition
Serving Size: 69 grams (1 muffin)
Calories 119
Calories from fat 14
Total Fat 1.6 grams (2%)
Cholesterol 14 mg (5%)
Sodium 134 mg (6%)
Total Carbohydrate 26.6 grams (9%)
Dietary Fiber 2.5 grams (10%)
Sugars 9.8 grams
Protein 4.4 grams

Vitamins
Vitamin A: 1%
Vitamin C: 6%
Calcium: 6%
Iron: 8%

Good Points
Low in saturated fat
High in phosphorous
High in thiamin

Nutrition Grade B-

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on April 27, 2012