

Nectarine Bran Muffins

Serves 12



Ingredients

- 1 cup of all-bran cereal
- ½ cup of orange juice
- 1 cup of flour
- ¼ cup of sugar
- 2 ½ tsp of baking powder
- ½ tsp of salt
- 1 egg
- ¼ cup of vegetable oil
- 1 cup of nectarines-fresh chopped
- garnish slivered almonds (optional)

Directions

- ☞ Preheat oven to 400°
- ☞ Combine bran cereal and orange juice; let stand several minutes for bran to absorb juice.
- ☞ In a separate bowl, combine flour, sugar, baking powder and salt.
- ☞ Stir egg and oil into bran mixture until well combined.
- ☞ Chop nectarines & add to dry mixture
- ☞ Combine two mixtures; stir only until dry ingredients are moistened. (Batter will be thick and lumpy.)
- ☞ Spoon batter into 12 greased 2-1/2 inch muffin cups.
- ☞ OPTION: Top with slivered almonds
- ☞ Bake for 25 minutes of until golden brown
- ☞ Remove from pan and serve hot



Nutrients (approximately)

120 Calories per serving,
Fat 5.3g, Saturated Fat 0.8g, Cholesterol 17.5mg, Sodium 40.3mg, Carbohydrates 17.2g, Fiber 1.1g, Sugars 6.8g, Protein 2.2g

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