

APRICOT BRAN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	40 g	4 g	4 g	10 mg	240 mg	114 mg

Ingredient

APPLESAUCE,CANNED,SWEETENED
 WATER
 CEREAL,ALL BRAN,BULK
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 APRICOTS,DRIED,HALVES,PITTED
 COOKING SPRAY,NONSTICK

Weight

5-1/4 lbs
 2-1/8 lbs
 1-7/8 lbs
 3-5/8 lbs
 2-1/4 lbs
 4-3/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 8-5/8 oz
 8-1/2 oz
 9-5/8 oz
 1-5/8 lbs
 2 oz

Measure

2 qts 1-3/8 cup
 1 qts
 2 qts 2 cup
 3 qts 1 cup
 1 qts 1 cup
 1/2 cup 1 tbsp
 1 tbsp
 2 tbsp
 1/3 tsp
 1 cup
 1 cup
 1-1/4 cup
 1 qts 2 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds, scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX. Fold in dried, chopped apricots.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly browned.