

Branberry Muffins



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What You Need

Muffins make a great snack for that mid-afternoon energy lull!

Makes 12 Muffins

3/4 cup whole wheat flour
3/4 cup natural bran
1/2 cup wheat germ
3/4 cup brown sugar
1 tsp baking soda
1/2 tsp salt

1 tsp grated orange rind
1 cup blueberries
1 egg
2/3 cup buttermilk (sour milk, yogurt)
1/4 cup canola oil or other vegetable oil

Per Serving

Calories 161
Carbohydrates 26 g
Protein 4 g
Fat 6 g
Dietary Fiber 4 g

How You Prepare

Beat egg with buttermilk and oil. Mix in dry ingredients until just moistened and then stir in orange rind and berries. Fill muffins cups 3/4 full. Bake at 400 degrees F for 15 to 20 minutes.