

Weight Watchers Brownies Alice

3 cups all bran

2 $\frac{1}{2}$ cups water cold

1 $\frac{1}{2}$ teaspoon ~~to~~ baking powder

1 box low fat Betty Crocker brownie mix prepared

Soak cereal in water 5 minutes

Add baking powder & mix. (Betty Crocker mix)

Muffins Tins - 350 - 20 - 25 mins

Makes 24 muffins - 1 point

Alice makes 12 muffins = 2 pts each.