

# NAME OF RECIPE:

Makes \_\_\_\_\_ servings

New Improved Bran  
Muffins

1 cup bran (2 1/2 oz)

1 1/2 boiling water

1 egg beaten

1/3 cup br. sugar

1/2 " raisin - let sit in boiling  
water then drain

3 tbs oil

1 1/2 cup whole wheat flour

1 cup spgurt

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4 tsp b. powder  $\frac{1}{2}$  tsp salt

1 tsp b. Soda  $\frac{1}{4}$  tsp nutmeg

In large bowl pour boiling water over  
bran + let stand 1 hr. add egg sugar  
raisins oil + yogurt. Mix well.

In sep. bowl mix flour b.s etc + spec.  
Add to bran mix until combined.

Spoon into 12 cups. muffin. Use all  
batter.

bake  $370^{\circ}$  - 20-22 min

Each muffin - 1 brd of  $\frac{1}{2}$  fat etc.

$\frac{3}{4}$  fat -  $\frac{1}{6}$  milk etc

**Each serving provides:**

8 opt Calories