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®

## Bran: A Healthier Alternative

**Bran: A world of  
endless  
possibilities...**

*Learning for Life*

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UNIVERSITY OF  
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EXTENSION

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- **The hard outer layer of whole grains**
- **Absorbs water in the stomach resulting in a sense of fullness**
- **Bran can be added to recipes and eaten as cereal**
- **Wheat and oat bran easy to buy in stores.**



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## Very nutritious:

- Rich in dietary fiber
- Contains many B vitamins
- Provides phosphorus, zinc, copper, manganese, magnesium and selenium
- Source of antioxidants like Vitamin E



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## Appearance:

-Hard outer shell to protect seed, containing vitamins and minerals

## Taste:

-Sweet

-Dry

-Thick

-Nutty

-Earthy

## Add to recipes:

- Cooked grits
- Yeast breads and muffins and other baked goods
- Topping for casseroles



# Quick Honey Bran Muffins

Adapted from a Kellogg All Bran™ Recipe

## Ingredients:

**1/2 cup all purpose flour**  
**1/2 cup whole wheat flour**  
**1/4 teaspoon baking soda**  
**1 cup All-Bran™ cereal**  
**1/3 cup buttermilk or 1/3 cup non-fat milk mixed with 1 teaspoon vinegar**  
**1/4 cup low cholesterol egg substitute**  
**1/2 cup honey**  
**2 tablespoons canola oil**  
**Non-stick cooking spray**

## Directions:

- 1. Stir flours with baking soda in a small bowl.**
- 2. In a medium bowl, combine the cereal and milk and let stand two minutes so cereal can soften.**
- 3. Add egg substitute, honey and oil. Beat well.**
- 4. Stir in the flour mixture just until well moistened. Do not over mix.**
- 5. Spray muffin tins with non-stick spray. Portion batter evenly into tins. Bake in 400 degrees F. oven for 25 minutes.**

**Makes 9 muffins**

## Nutrition Information:

Calories: 156      Carbohydrate: 31 grams      Protein: 4 grams      Fat: 4 grams  
Saturated Fat: Less than 1 gram      Cholesterol: Less than 1 milligram  
Sodium: 76 milligrams      Fiber: 3 grams