



Maple Raisin Bran Muffin

READY IN



40 min.

SERVINGS



12

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups bran cereal whole (I used Fiber One Original)
- 0.3 teaspoon double-acting baking powder
- 1.3 teaspoons baking soda
- 1 cup buttermilk low fat
- 0.3 cup maple syrup
- 0.3 cup m&ms/mini chocolate chips mini (optional, See My Notes)
- 0.3 cup oil (I used Canola Oil)
- 0.5 cup raisins
- 0.5 teaspoon salt

- 3 tablespoons apple sauce unsweetened
- 0.5 cup walnuts chopped
- 1 tablespoon water
- 1.3 cups pastry flour whole wheat

Equipment

- bowl
- frying pan
- oven
- whisk
- plastic wrap
- toothpicks
- muffin liners
- muffin tray

Directions

- Combine together the cereal, raisins, and oil in a large bowl.
- Pour the boiling water over the cereal mixture and stir together; let cool slightly.
- Add the buttermilk, maple syrup, unsweetened applesauce and water to the cereal mixture; stir until well mixed. In another bowl, whisk together the whole wheat pastry flour, baking soda, baking powder and salt.
- Add the flour mixture and chopped walnuts to the cereal mixture and stir until just combined. Cover the bowl with plastic wrap; let stand 15 minutes. Preheat the oven to 400F/200C for 15 minutes. Line a 12-cup muffin pan with paper liners and spray it well with non stick cooking spray, so that you can peel off the paper easily. After 15 minutes the batter looks like its fermented with little bubbles. Now toss in about 3 tablespoons of the M&Ms if you are using. Do not mix it too much because the colors start bleeding. Reserve the rest to sprinkle over the muffin batter. Fill the muffin cups evenly with the batter; approximately 3 tablespoons of batter per muffin.
- Sprinkle the balance M&M's and smooth the batter lightly before putting the pan in the oven.

Bake until a toothpick inserted in the center comes out clean, 20–25 minutes. Mine was done around the 21st minute itself. Cool the pan on a rack for 5 minutes.

Remove the muffins from the pan and let cool completely on the rack.

Nutrition Facts

PROTEIN 8.13% **FAT 39.22%** **CARBS 52.65%**

Properties

Glycemic Index:21, Glycemic Load:5.84, Inflammation Score:-6, Nutrition Score:15.816086986791%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 202.98kcal (10.15%), Fat: 9.68g (14.9%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 24.67g (8.97%), Sugar: 9.07g (10.08%), Cholesterol: 1.36mg (0.45%), Sodium: 274.67mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Manganese: 1.46mg (72.75%), Vitamin B6: 1.03mg (51.48%), Folate: 113.46µg (28.37%), Vitamin B12: 1.5µg (25.02%), Vitamin B2: 0.37mg (21.61%), Vitamin B1: 0.28mg (18.56%), Fiber: 4.58g (18.31%), Phosphorus: 177.94mg (17.79%), Magnesium: 59.6mg (14.9%), Selenium: 9.66µg (13.79%), Iron: 2.22mg (12.36%), Copper: 0.23mg (11.73%), Zinc: 1.6mg (10.68%), Vitamin B3: 1.95mg (9.75%), Calcium: 81.16mg (8.12%), Potassium: 246.9mg (7.05%), Vitamin E: 1.05mg (7.02%), Vitamin K: 4.15µg (3.96%), Vitamin A: 156.46IU (3.13%), Vitamin C: 2.2mg (2.67%), Vitamin B5: 0.25mg (2.5%), Vitamin D: 0.33µg (2.22%)