



Quick Ginger Bran Muffins

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



33 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup bran cereal (flakes or another shape)
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 0.5 cup fruit such as raisins dried
- ☐ 0.8 teaspoon ground ginger
- ☐ 1 tablespoon honey
- ☐ 0.5 cup milk

- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup unprocessed bran
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup flour whole-wheat

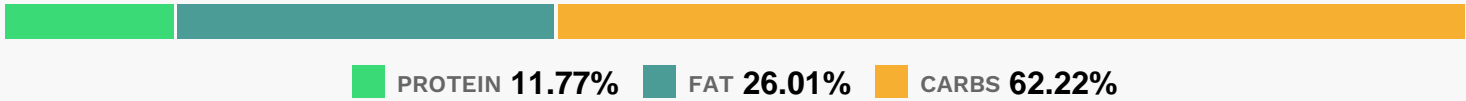
Equipment

- ☐ bowl
- ☐ ramekin
- ☐ microwave

Directions

- ☐ Mix together both brans with 1/4 cup boiling water in a large bowl.
- ☐ Let cool. In a small bowl, combine oil, honey, molasses, milk, and egg, then stir into bran mixture.
- ☐ Add flour, baking soda, salt, spices, and dried fruit and stir until just combined.
- ☐ Spray a microwave-safe 1/2-cup bowl or ramekin with cooking spray and spoon in 1/4 cup batter. Microwave until muffin springs back when touched but isn't hard, about 45 seconds for a single muffin or 90 seconds for 4 muffins cooked together. Repeat with remaining batter.
- ☐ Make ahead: For batter, up to 4 days, chilled.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:1.14, Inflammation Score:-2, Nutrition Score:3.9056522094685%

Nutrients (% of daily need)

Calories: 32.7kcal (1.64%), Fat: 1.07g (1.65%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 4.63g (1.68%), Sugar: 2.37g (2.63%), Cholesterol: 8.03mg (2.68%), Sodium: 43.65mg (1.9%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Manganese: 0.34mg (17.2%), Vitamin B6: 0.25mg (12.68%), Folate: 26.94µg (6.74%), Vitamin B12: 0.39µg (6.56%), Fiber: 1.16g (4.63%), Phosphorus: 45.68mg (4.57%), Vitamin B2: 0.08mg (4.42%), Selenium: 3µg (4.28%), Magnesium: 16.73mg (4.18%), Vitamin B1: 0.06mg (4.12%), Iron: 0.58mg (3.23%), Zinc: 0.39mg (2.62%), Vitamin B3: 0.51mg (2.57%), Copper: 0.04mg (2.23%), Calcium: 18mg (1.8%), Potassium: 61.91mg (1.77%), Vitamin K: 1.41µg (1.34%), Vitamin A: 65.92IU (1.32%), Vitamin D: 0.17µg (1.16%), Vitamin B5: 0.11mg (1.05%)