



# WHEAT BRAN MUFFINS

## INGREDIENTS

PREPARATION: 10 MINUTES

COOKING: 20 MINUTES

MAKES 12 MUFFINS

- 1 egg
- 1/2 cup white sugar
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup rice beverage (unfortified)
- 1 1/2 cups all-purpose flour
- 1/2 cup wheat bran
- 1 1/2 teaspoons baking soda
- 1 cup cranberries, fresh or frozen
- 1/2 cup raspberries, fresh or frozen

## Nutrient Analysis

### PER SERVING

1 muffin

### Renal exchange:

1 1/2 Starch

Calories	<b>181Kcal</b>
Protein	<b>3g</b>
Carbohydrates	<b>26g</b>
Fibre	<b>2g</b>
Total Fat	<b>7g</b>
Saturated Fat	<b>1g</b>
Cholesterol	<b>16mg</b>
Sodium	<b>147mg</b>
Potassium	<b>56mg</b>
Phosphorus	<b>74mg</b>

## PREPARATION

- 1** Preheat conventional oven to 350° F.  
Line the muffin tins with paper cups.
- 2** In a mixing bowl, whisk the egg, sugar, oil and vanilla together.  
Add the rice beverage and mix to combine.
- 3** In a separate bowl, sift together the flour, wheat bran and baking soda.
- 4** Add the dry ingredients to the wet ingredients and mix thoroughly.
- 5** Fold the berries into the muffin mixture.
- 6** Divide the batter among the 12 muffin cups and bake for approximately 20 minutes or until the tops of the muffins spring back upon touch.