



## Carrot Bran Muffins

### Ingredients

1 cup bran flakes  
 ¾ cup 1% milk  
 2 cups finely shredded, or  
 grated carrots  
 1 cup whole wheat flour  
 1 teaspoon baking  
 powder  
 ½ teaspoon baking soda  
 ½ teaspoon cinnamon  
 3 Tablespoon brown  
 sugar  
 2 Tablespoons vegetable  
 oil  
 1 Tablespoon lemon juice  
 1 egg, slightly beaten  
 vegetable oil spray

Makes 12 servings

### Instructions

1. Combine bran flakes, milk, and carrots; let stand 5 minutes.
2. Combine flour, baking powder, baking soda and cinnamon.
3. Stir sugar, oil, lemon juice and egg into carrot mixture. Add to flour mixture stirring until just moistened.
4. Spray muffin pan with vegetable oil spray, fill muffin cup ¾ full with batter.
5. Bake at 400° F for 20 to 25 minutes.
6. Remove from pan and cool on wire rack.

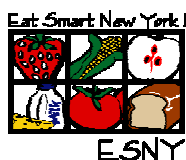
### Nutrition Facts

Serving Size 1 muffin	
Servings Per Container 12	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 3g	
Vitamin A 60%	Vitamin C 2%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

27% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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