



Revolutionary Infomercial Secrets

Strawberry Lemonade Bran Muffins

Recipe

Makes about 12

Ingredients

- ◆ 1 1/2 cups oat bran
- ◆ 1 cup low fat buttermilk
- ◆ 1/3 cup applesauce
- ◆ 1 egg
- ◆ 2/3 cup brown sugar
- ◆ 1/2 teaspoon vanilla extract
- ◆ 1 cup all-purpose flour
- ◆ 1 teaspoon baking soda
- ◆ 1 teaspoon baking powder
- ◆ 1/2 cup diced fresh strawberries
- ◆ 2 tablespoons fresh lemon juice mixed with 2 teaspoons sugar



Directions

1. Preheat oven to 375 degrees F (190 degrees C). Line a muffin tray with muffin/cupcake liners.
2. Mix together oat bran and buttermilk; let stand for 10 minutes.
3. Add applesauce, egg, sugar, and vanilla into buttermilk mixture, mix well.
4. Whisk together flour, baking soda and baking powder in a clean bowl. Mix into buttermilk mixture, stirring until just combined, do not over mix.
5. Fold in strawberries.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Brush warm muffins with lemon mixture and serve.

Nutritional Information



Nutrition

Serving Size: **69 grams (1 muffin)**
 Calories **119**
 Calories from fat **14**
 Total Fat **1.6 grams (2%)**
 Cholesterol **14 mg (5%)**
 Sodium **134 mg (6%)**
 Total Carbohydrate **26.6 grams (9%)**
 Dietary Fiber **2.5 grams (10%)**
 Sugars **9.8 grams**
 Protein **4.4 grams**

225 grams ~ 1 cup
 % based on Daily Value
 *based on a 2,000 calorie diet

Vitamins

Vitamin A: **1%**
 Vitamin C: **6%**
 Calcium: **6%**
 Iron: **8%**

Good Points

Low in saturated fat
High in phosphorous
High in thiamin

Nutrition Grade

B-