

Yogurt-Bran Muffins

Ingredients:

1 cup bran cereal
2 egg whites or 1 egg, slightly beaten
1/4 cup vegetable oil
2 containers (6 oz each) fat-free vanilla yogurt
1 1/2 cups all-purpose flour
1/3 cup packed brown sugar
1 1/4 teaspoon baking soda
1/2 teaspoon salt
1/2 cup fresh raspberries or blueberries



Directions:

Heat oven to 400 degrees F. Fill muffin pan with 12 paper muffin baking cups or grease each muffin cup with butter or butter-flavored spray oil. Using a meat mallet or rolling pin, crush bran cereal in a plastic food-storage bag.

In a bowl, stir together egg whites, oil and yogurt. Add cereal, flour, brown sugar, baking soda and salt; stir until dry ingredients are moistened. Gently stir in berries. Fill each muffin cup about 3/4 full.

Bake 18-20 minutes or until golden brown. Remove from pan immediately