

Betty's Wholesome Cracklin' Oat Bran Muffins Recipe



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In this video, Betty demonstrates how to make a nutritious lunch box treat (or a healthy, energizing quick snack for breakfast or before a workout), her Wholesome Cracklin' Oat Bran Muffins. These are filling, fiber-rich, not too sweet, but very tasty!

Ingredients:

1 ¼ cups self-rising flour
2 tablespoons sugar
2 cups Cracklin Oat Bran Cereal (You may use any type of bran cereal.)
1 cup milk
1 egg
3 tablespoons vegetable oil
cooking oil spray (or paper baking cup liners)

Stir together 1 ¼ self-rising flour and 2 tablespoons sugar. Set aside. Measure 2 cups Cracklin Oat Bran cereal and 1 cup milk into a large mixing bowl. Stir to combine. Let stand for 20 minutes, or until cereal is somewhat softened. Add 1 egg and 3 tablespoons vegetable oil. Beat well with an electric mixer. Add flour and sugar mixture, stirring only until combined. Portion batter evenly into (12) 2 ½-inch muffin pan cups that have been sprayed with cooking oil spray. (You may use paper baking liners instead of spraying muffin cups.) Bake at 400 degrees for 15 to 20 minutes, or until lightly browned. (You may test for doneness by inserting a toothpick into the center of a muffin, and it should come out clean.) Remove baked muffins from the oven, let them rest a minute, and then place them onto a nice serving plate. They may be served warm, or you may let them cool and store them in an airtight container. These are wonderful to pack in lunch boxes, in place of an unhealthy sweet treat. I think you will *love* them!!!