



RECIPE

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"GENUINELY ALL NATURAL"

BREAKFAST

PRODUCTS USED



DRIED
APPLES

BRAN MUFFINS WITH DRIED APPLES

Ingredients

2 cups all-bran cereal	1/2 tsp salt
1 cups nonfat low fat milk	1/4 tsp baking soda
3/4 cups unsweetened applesauce	3/4 cup minced Aurora dried apples
1/4 cups vegetable oil	Nonstick vegetable oil spray
1 large egg	
1 1/2 cups all-purpose flour	
1/2 cups golden sugar - (packed)	
2 tsp baking powder	

Directions

Preheat oven to 400 degrees. Mix cereal, lowfat milk, applesauce, oil and egg in large bowl. Let stand 10 min to soften bran.

Stir flour, brown sugar, baking powder, salt and baking soda in medium bowl to blend. Fold in minced dried apples. Add in dry ingredients to bran mix and stir just till moistened.

Spray twelve 1/3-cup muffin cups with vegetable oil spray. Divide batter among muffin cups. Bake till muffins are light golden and tester inserted into center comes out clean, about 25 min. Transfer muffins to rack; cold completely.

This recipe yields 12 servings.