All Bran Basic Muffin

Cookery Principle: Starting with a basic recipe and making changes to create a new recipe. **At least 3 changes are required**.

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| 330 ml  | All-purpose flour |
| 120 ml  | Sugar |
| 15 ml  | Baking powder |
| 1 ml  | Salt |
| 370 ml  | **All-Bran**  |
|  |  |
|  |  |
| 250 ml  | Milk |
| 1  | Egg |
| 80 ml  | vegetable oil |

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1. Stir together flour, sugar, baking powder and salt. Set aside.
2. In another mixing bowl, combine cereal and milk. Let stand about 2 minutes or until cereal softens. Add egg and oil. Beat well. Add to flour mixture, stirring only until combined. Portion batter evenly into six greased or lined 2 1/2-inch muffin
4. Bake in oven at 400°F for about 20 minutes or until muffins are golden brown. Serve warm.

**YIELD:** 12 muffins

**PER SERVING** (1 muffin):
170 Calories
7 g Fat
26 g Carbohydrate
3 g Dietary Fibre
4 g Protein

**Variations:**

***Sugar substitutions****:*

Option # 1 Molasses: Decrease milk to 1/2 cup. Add 1/2 cup molasses to cereal with milk. Omit sugar. Follow directions above.

Option #2: substitute 120 ml of sugar with 60 ml of agave syrup.

Option #3: brown sugar

***Vegan option***: Flax egg (15 ml ground flax with 30 ml of water ~ let stand 5 minutes before using) and almond milk

***Oil substitution***: replace oil with 80 ml of plain applesauce or plain yogurt or bananas

***Flavour additions***: Must add up to **120 ml** **TOTAL**

30 mL flax

30 mL coconut

Pecans

Raisins

Carrots

Blueberries

Pineapple

Craisins

Walnuts

Almonds

10 mL vanilla