

## **Bran Muffins Three Ways**

- 1 cup all-purpose flour (or 1 cup whole wheat pastry flour)
- 1/3 cup light brown sugar, firmly packed (or 1/4 cup honey)
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1 egg, beaten
- 3/4 cup milk (1 cup for Peanut Butter variation)
- 3 tablespoons vegetable oil
- 1 cup NABISCO 100% Bran (or 1 cup wheat bran)

1. Preheat oven to 400° F. Grease 12 to 15 (2 1/2-inch) muffin-pan cups.
2. In medium bowl, combine flour, brown sugar, baking powder, salt and baking soda. In small bowl, blend together egg, milk and oil; stir in NABIISCO 100% Bran; let stand 5 minutes. Add ingredients for desired flavor; mix until well combined. Stir into flour mixture just until blended; do not overmix.
3. Fill muffin-pan cups 2/3 full. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Remove from pan to wire rack to cool. Makes 12 to 15 muffins.

### **Peanut Butter Bran Muffins**

- 1/3 cup chunky peanut butter
- 2 tablespoons honey

### **Zucchini Bran Muffins**

- 1/2 cup grated zucchini, squeezed dry
- 1/3 cup chopped walnuts
- 1/2 teaspoon ground cinnamon

### **Molasses-Cheddar Bran Muffins**

- 1/2 cup grated Cheddar cheese
- 2 tablespoons unsulphured molasses
- 1/4 teaspoon ground ginger

From a Nabisco 100% Bran cereal box a long time ago

# Pumpkin Bran Muffins

Time: 20 min

Yield: 12 2½ inch muffins

## Ingredients

- 1½ cups unprocessed oat bran (or wheat bran or a combination of oat & wheat bran)
- ½ cup firmly packed brown sugar
- ½ cup all-purpose flour (whole wheat, whole wheat pastry or white whole wheat flour)
- 2 teaspoons baking powder
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 1 cup mashed pumpkin, cooked
- ½ cup skim milk
- 2 egg whites, lightly beaten
- 2 tablespoons vegetable oil
- Vegetable oil cooking spray
- ½ cup dried cranberries, chopped
- ½ cup chopped pecans or walnuts

## Directions

1. Combine first six ingredients in a large bowl; stir well.
2. Make a well in center of mixture.
3. Combine pumpkin and next three ingredients in a medium bowl; stir well.
4. Add to dry ingredients, stirring just until moistened.
5. Spoon into muffin pans coated with cooking spray, filling ¾ full.
6. Bake at 425 degrees for 20 minutes.
7. Remove from pans immediately; serve warm or at room temperature.

## Variations

- Banana Oat Bran Muffins: Substitute ¾ cup mashed ripe banana for pumpkin.
- Apple-Oat Bran Muffins: Substitute 1/2 cup minced apple for pumpkin. Substitute apple pie spice for pumpkin pie spice.
- Add 1 Tsp ground cinnamon to dry ingredients.

# Easy Garden Frittata

## Ingredients

- 3 Tbsp olive oil
- 2 medium sweet potatoes, grated
- 1 cup broccoli florets
- 1 red bell pepper, chopped
- 1 carrot, diced or shredded
- 3-4 scallions, chopped (optional)
- 8 eggs
- 1/3 cup milk
- 1/4 tsp salt
- 1/3 cup Parmesan cheese, freshly grated

## Directions

1. Preheat oven to 350°. Spray a 9" x 13" pan with oil
2. In a large skillet heat the olive oil over medium-high heat.
3. Add the potatoes and vegetables; cook 5 minutes or until potatoes are browned, stirring occasionally.
4. In a bowl mix together the eggs, milk, and salt with wire whisk until well blended.
5. Transfer vegetables to oiled pan. Pour the eggs over potato mixture.
6. Bake in preheated oven for 40 minutes.
7. Sprinkle with Parmesan cheese and return to oven for 5 minutes more.
8. Let stand 5 minutes.
9. Cut into squares and serve.

## **Hummus**

- 2-3 cloves garlic, minced
- ¼ cup lemon juice
- ¼ cup lime juice
- 1 15 oz can chick peas, drained. Save the liquid.
- ½ cup tahini
- Handful of minced parsley

In a food processor place the chick peas and about half the reserved liquid  
Add the remaining ingredients. Process until well blended, but not completely smooth.  
Transfer to serving bowl and sprinkle parsley on top.