

Oat Bran Muffins

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Silverdale Chamber Of Commerce Favorite Recipes - 1991

*1 small can crushed
pineapple with juice
1 cup cottage cheese
3 eggs
3 1/2 teaspoons powdered
sweetener
1/2 teaspoon nutmeg
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
2 teaspoons vanilla
2 cups unprocessed oat
bran*

Preheat the oven to 400 degrees.

Place the pineapple and it's juice, cottage cheese, eggs and vanilla in a blender or food processor. Blend until liquid.

In a large bowl, stir together the oat bran, sweetener, baking powder, baking soda, cinnamon and vanilla. Add the blended ingredients. Mix well.

Divide the mixture into twelve muffin cups sprayed with nonstick spray, or use paper liners.

Bake for 22 to 25 minutes.

(This recipe can be doubled with all of the muffins stored in the freezer.)

Per Serving (excluding unknown items): 464 Calories; 20g Fat (40.5% calories from fat); 50g Protein; 15g Carbohydrate; 1g Dietary Fiber; 655mg Cholesterol; 2874mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.