

# Oat Bran Muffins II

Joyce Merkel

Silverdale Chamber Of Commerce Favorite Recipes - 1991

**Yield: 12 muffins**

*2 1/4 cups oat bran*

*1/4 cup brown sugar*

*1 tablespoon baking powder*

*1 1/4 cups nonfat milk*

*2 tablespoons Karo syrup*

*2 egg whites*

Preheat the oven to 425 degrees.

In a bowl, mix the oat bran, brown sugar and baking powder.

In a separate bowl, mix the milk, Karo syrup and egg whites. Blend into the oat bran mixture.

Pour 1/3 cup of batter into paper-lined muffin cups.

Bake for 12 minutes.

(Optionally, you may also add 1/2 cup of the following: raisins, dates, blueberries, mashed bananas, chopped apple and cinnamon.)

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Per Serving (excluding unknown items): 920 Calories; 15g Fat (11.0% calories from fat); 54g Protein; 226g Carbohydrate; 33g Dietary Fiber; 6mg Cholesterol; 1802mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 3 Fat; 4 1/2 Other Carbohydrates.