

Zucchini Bran Muffins

Ingredients

2 cups bran cereal
1 cup shredded zucchini
 $\frac{3}{4}$ cup milk
2 egg whites or 1 egg
 $\frac{1}{2}$ cup sugar
 $\frac{1}{3}$ cup apple sauce
1 $\frac{1}{2}$ cup flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{2}$ teaspoon cinnamon



	Per Serving
Calories	69
Protein	2.1 g
Fiber	2 g
Total Fat	0.4 g
Iron	1.9 mg
Calcium	17.5 mg
Vitamin A	50 mcg

Directions

Preheat the oven to 375 degrees. In a large bowl, mix together bran cereal, zucchini, milk, egg, apple sauce, and sugar. Set aside. Sift together flour, baking powder, and spices and then add to bran mixture. Stir until just moistened. Drop batter into 12 well-greased muffin pans about $\frac{3}{4}$ full. Bake for 30 minutes or until muffins are brown on top and firm to the touch. Serve warm or cool on wire rack. These muffins can be wrapped in airtight plastic wrap and frozen. Yield: 24 muffins

Ideas: Top muffins with a mixture of low fat cream cheese and butternut squash puree. You can also add dried fruit, vegetables, or nuts for decoration.



Healthy Eating Tip: Applesauce was substituted in this recipe to replace oil. You can try this substitution with some of your favorite recipes. You can have all the great taste, but with less calories.