



Whole Wheat Bran Muffins

1 cup whole wheat pastry flour
1/2 cup almond meal or flour
1 cup wheat bran
1/4 cup Stevia granulated
2 T brown sugar
1 1/2 tsp. ground cinnamon
1 1/2 tsp. baking powder
1/4 tsp. salt
2 eggs, beaten
1 1/4 cups low-fat buttermilk
3 T applesauce, unsweetened
1 1/2 tsp. vanilla
1 apple, peeled and diced
1/2 cup walnuts

Preheat oven to 350 degrees F. Spray 12 muffin cups with nonstick cooking spray or oil.

In a medium-sized bowl, stir together whole wheat pastry flour, almond meal, wheat bran, Stevia or brown sugar, cinnamon, baking powder, and salt.

In a small bowl, beat eggs and then stir in buttermilk, applesauce, vanilla and apple. Toast walnuts for 1-2 minutes in a dry pan over high heat, cool and finely chop. Add to liquid ingredients.

Add the egg mixture to the flour mixture and stir just enough so that all the dry ingredients are moistened. Use a large spoon to divide the batter among the muffin cups. Bake at 350 degrees for 30 minutes or until a toothpick inserted into the center of a muffin comes out completely clean. Cool and enjoy. Makes 12 servings.

Nutrition information per serving: 147 calories, 5 grams protein, 7 grams fat, 19 grams carbohydrate, 145 mg sodium.



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