

Zucker Oat Bran Muffins (Recipe on 2 weeks) (Oat Bran Cereal)

- 2 cups Oat Bran Cereal
- $\frac{1}{4}$ cup firmly packed brown sugar
- 2 Tbsp. baking pwd.
- $\frac{1}{2}$ tsp. salt (optional)
- 1 cup skim milk
- 2 egg whites, slightly beaten
- $\frac{1}{4}$ cup honey or molasses (I use honey)
- 2 Tbsp. vegetable oil

Heat Oven to 425° . Line 12 med. muffin cups w/ paper baking cups or spray bottoms only w/ veg. cooking spray. Combine dry ingredients. Add combined milk, egg whites, honey & oil, mixing just until moistened (do not use ~~meat~~ mixer)

Bake 15 to 17 min. Over