

Cereal Muffins

Makes: 12 Servings

Use all-purpose flour to make a variety of baked goods, such as these cereal muffins. Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

Ingredients

- nonstick cooking spray
- 2 cups** bran flakes cereal (or corn flakes cereal)
- 1/3 cup** nonfat dry milk
- 1 cup** water
- 1 1/4 cups** all-purpose flour
- 1 tablespoon** baking powder
- 1/4 teaspoon** salt
- 1** egg
- 1/2 cup** applesauce
- 1/3 cup** sugar
- 1 teaspoon** cinnamon
- 2 tablespoons** margarine (melted)

Directions

1. Preheat oven to 400 degrees F. Spray a muffin pan with nonstick cooking spray.
2. In a small bowl, combine cereal, milk, and water. Let sit for 5 minutes or until soft.
3. Place flour, baking powder, and salt in a large bowl. Stir in egg, applesauce, brown sugar, cinnamon, margarine, and cereal mixture until well mixed.
4. Spoon batter into muffin cups.
5. Bake for 20 minutes or until muffins are browned and toothpick or fork inserted into the center comes out clean.

Source: Recipe adapted from Commodity Supplemental Food Program Cookbook