

Oat Bran Muffins

15-17 min 425°

- 1 cup skim milk
- 2 egg whites
- 1/4 cup honey or molasses
- 2 Tbsp vegetable oil
- 2 tsp baking powder
- 1/4 cup brown sugar
- 2 cups oat bran
- 1/2 cup chopped apple
- 1 tsp cinnamon

about 1 dozen muffins

1 muffin = 120 calories, 2 grams fiber, 0 chols.