

Apple Carrot Muffins

Ingredients

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1 3/4 cups raisin bran cereal

1 1/4 cups all-purpose flour

3/4 cup sugar

1 1/4 teaspoons baking soda

1 teaspoon ground cinnamon

1/4 teaspoon salt

1 egg

3/4 cup buttermilk

1/4 cup canola oil

3/4 cup finely chopped peeled tart apple

3/4 cup grated carrots

1/4 cup chopped walnuts

Directions

In a bowl, combine the first six ingredients. In a small bowl, beat the egg, buttermilk and oil. Stir into dry ingredients just until moistened. Fold in apple, carrots and walnuts. Fill

paper-lined muffin cups or cups coated with nonstick cooking spray three-fourths full. Bake at 400 degrees F for 20-23 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.