



Niagara County Office for the Aging  
111 Main Street, Suite 101  
Lockport, NY 14094  
*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

## **Bran Muffins**

Makes 12 muffins

2 T melted butter  
1 egg  
1/3 c brown sugar substitute  
1/4 t salt  
1 grated apple  
1 c applesauce  
1 t cinnamon  
1 c white flour  
1/4 c whole wheat flour  
1 T baking powder  
1 c milk  
2 c raisin bran or bran flakes

Mix egg, milk and melted butter.  
Add bran flakes and mix thoroughly.  
Add dry ingredients and mix just until blended.

Bake at 400 degrees for 18 minutes.