



— *Norwich, Vermont* —

ORGANIC OAT BRAN

Oat bran is a flavorful way to add fiber and nutrition to your meals. It makes a wonderfully creamy breakfast cereal (in under 5 minutes!). Bake it into breads and scones, swirl it into a bowl of yogurt, or sprinkle it over a smoothie.

Ⓢ NET WT 40 OZ (2.5 LBS) 1.13kg

CINNAMON RAISIN BRAN MUFFINS

1 1/4 cups milk
2 large eggs
1/4 cup vegetable oil
1 cup oat bran
3/4 cup brown sugar*
1/2 cup rolled oats
2 cups King Arthur Unbleached
All-Purpose Flour

2 1/2 teaspoons baking powder
2 teaspoons cinnamon
3/4 teaspoon salt
3/4 cup raisins (or dried cranberries, apricots
or any combination you choose)
Coarse sugar or cinnamon for topping (optional)

Nutrition Facts

Serving Size about 3 T (15g)
Servings Per Container about 30

Amount Per Serving

Calories 35 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 3g

Vitamin A 0% • **Vitamin C 0%**

Calcium 0% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

INGREDIENTS: 100% ORGANIC OAT BRAN.
CONTAINS: WHEAT.

KING ARTHUR FLOUR
NORWICH, VERMONT 05055
800.827.6836 | kingarthurfLOUR.com

Certified Organic by Vermont Organic Farmers.

*Feel free to reduce the amount of brown sugar to as little as 1/4 cup, if you prefer a less sweet treat.

Preheat oven to 400°F and lightly grease a 12-cup muffin pan.

Whisk together milk, eggs, vegetable oil, oat bran, brown sugar and oats. Let rest for 15 minutes.

Add remaining ingredients, except for the topping sugar, stirring just until blended. Scoop about 1/2 cup of batter into each cup—the cups will be very full. Sprinkle with coarse sugar or cinnamon sugar, if desired.

Bake muffins for 20 to 24 minutes, until lightly browned at the edges. The tops will spring back when pressed lightly. Remove from oven, and allow to rest in pan for 5 minutes before turning out onto a rack to cool completely.

Yield: 12 muffins.

Store cool and dry.

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconuts.



101192B01B

Do not eat raw flour, dough or batter.

