



100% ORGANIC OAT BRAN

A light, nutty taste; add to baked goods as you would wheat bran.

A good source of soluble fiber.



3308

© NET WT 1 LB (454g)

KING ARTHUR FLOUR | NORWICH, VERMONT 05055

kingarthurfLOUR.com | 800.827.6836

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 cran-
berries, 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.

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

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

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

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

Yield: 12 muffins.

Store cool and dry.



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Do not eat raw flour, dough or batter.

