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Bran Muffin ♦♦

A delicious and healthy muffin made with bran and other nutritious ingredients. Perfect for breakfast or a snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 12

Serving Size: 42 g

Ingredients

150 g	Bran
150 g	Whole Wheat Flour
2 tsp	baking powder
1 tsp	salt
100 g	brown sugar
250 ml	Milk

50 ml	vegetable oil
1 units	Egg
100 g	Raisins

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, mix together the bran, whole wheat flour, baking powder, salt, and brown sugar.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Whisking

In a separate bowl, whisk together the milk, vegetable oil, and egg.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the wet ingredients into the dry ingredients and mix until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Fold in the raisins.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Spoon the batter

Spoon the batter into a muffin tin lined with paper liners.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Cooling

Allow the muffins to cool for a few minutes before removing them from the tin.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 4 g

Carbohydrates: 22 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	22 g	40%	44%
Fibers	4 g	10.53%	16%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	6 mcg	250%	250%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	180 mg	5.29%	6.92%
Zinc	4 mg	36.36%	50%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Winter

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Difficulty Level

Medium

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