

My Favourite Honey Recipes

Honey Oat Bran Muffins

Ingredients:

- 2 ¼ cups oat-bran cereal
- ¼ cup chopped nuts (walnuts, pecans, sunflower seeds, almonds or any combination of these)
- ½ cup raisins (or dates or currants)
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- 2 tablespoons vegetable oil (do this step first and the honey in next step slides easier)
- 4 tablespoons of Honey from the Hives of **The Burrs and the Bees**
- 1 ¼ cups skim milk (1/4 cup more milk if you want lighter muffins)
- 2 eggs (whites or full egg, your choice)
- Optionally add ½ cup low fat Bran Muffin Mix and ¼ cup skim Milk



Instructions:

1. Pre-heat the oven to 425 F.
2. In a large bowl combine: oat-bran, nuts, raisins, baking powder, baking soda.
3. Mix the milk, eggs, oil and honey together and blend in with oat-bran mixture.
4. Line muffin pan with paper baking cups Or use flexible pan and spray with Pam.
5. Bake 15 to 17 minutes (16 works best for my oven).
6. Store in plastic bag to retain moisture and keep in refrigerator.
7. Freeze or consume within 3 days since no preservatives.
8. Makes 12 muffins.

Nutritional Information per Muffin

- Cholesterol: 0.42 milligrams (with egg whites)
- Protein: 2.53 grams
- Carbohydrates: 17.8 grams
- Fat: 5.2 grams : Saturated: 0.41 g, Polyunsaturated: 2.32 g, Monounsaturated: 0.89 g
- Fibre: 3.98 grams
- Sodium: 109 milligrams
- Calories: 137

WeightWatchers PointsPlus Value = 3