

# Triple B Health Muffins

**Preparation time: 20 minutes**

**Cooking time: 20-25 minutes**

1 cup	Whole wheat flour	250 mL
1 cup	Wheat bran or oat bran	250 mL
1 cup	Fresh or frozen blueberries	250 mL
1 tsp	Baking soda	5 mL
1 tsp	Baking powder	5 mL
2	Ripe bananas, mashed (about 1 cup/250 mL)	2
1	Egg, lightly beaten	1
½ cup	Granulated sugar	125 mL
½ cup	milk	125 mL
¼ cup	Vegetable oil	50 mL
1 tsp	vanilla	5 mL

1. In a medium bowl, combine flour, wheat bran, blueberries, baking soda and baking powder.
2. In a large bowl, combine bananas, egg, sugar, milk, oil and vanilla. Fold in flour mixture until just combined.
3. Divide batter evenly among prepared muffin cups, filling each two-thirds full.
4. Bake in preheated oven for 20 to 25 minutes or until tops are firm to the touch and a tester inserted in the center of a muffin comes out clean. Let cool in tin for 10 minutes, then remove to a wire rack to cool completely.

NUTRIENTS Per Serving		
Calories: 152	Carbohydrate: 25.6 g	Calcium: 34 mg
Fat: 5.6 g	Fiber: 3.9 g	Iron: 1.1 mg
Sodium: 141 mg	Protein: 3.3 g	
<b>High in: Magnesium/ A source of: Dietary fiber</b>		

