Cran-Apple Oat Bran Muffins		
Ingredients:		Directions:
4 1/2 cups	oat-bran cereal	Preheat oven to 425 degrees F. Spray muffin pan with vegetable cooking spray. Mix the dry ingredients in large bowl Mix the milk, egg whites, corn syrup, juice concentrate, and vanilla together in a medium bowl, then blend with dry ingredients. Gently stir in cranberries & apples. Use a 1/3 cup measure to fill muffin pan. Bake 13 to 15 minutes or until toothpick comes out clean. Do not over bake. Allow to cool a few minutes in pans before removing to a cooling rack.
2 Tbsp.	baking powder	
1/2 cup	brown sugar	
2 1/2 cups	skim milk	
4 large	egg whites	
2 Tbsp.	light corn syrup, such as Karo	
2 Tbsp.	apple juice concentrate	
1 tsp.	vanilla extract	
1 cup	chopped cranberries	
1 cup	peeled, chopped apples (McIntosh or Winesap)	

Muffins are best if eaten the same day. They freeze well in airtight ziplock freezer bags. Use muffins within 2 months. To thaw, remove muffin from freezer bag & allow to thaw at room temperature or microwave on high for 30 to 60 seconds.

Yield: 24 muffins

Nutrition Information: One serving contains 128 calories, 2 g. total fat, 0 g. saturated fat, less than 1 mg. cholesterol, 118 mg. sodium, 4 g. fiber.