



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Carrot Bran Muffins

Ingredients:

- 1 cup bran flakes
3/4 cup 1% milk
2 cups finely shredded, or grated carrots
1 cup whole wheat flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
3 Tablespoon brown sugar
2 Tablespoons vegetable oil
1 Tablespoon lemon juice
1 egg, slightly beaten
vegetable oil spray

Makes 12 servings - 27% calories from fat

Instructions:

- 1. Combine bran flakes, milk, and carrots; let stand 5 minutes.
2. Combine flour, baking powder, baking soda and cinnamon.
3. Stir sugar, oil, lemon juice and egg into carrot mixture. Add to flour mixture stirring until just moistened.
4. Spray muffin pan with vegetable oil spray, fill muffin cup 3/4 full with batter.
5. Bake at 400° F for 20 to 25 minutes.
6. Remove from pan and cool on wire rack.

Nutrition Facts

Table with 2 columns: Amount Per Serving and % Daily Value. Rows include: Calories 100, Total Fat 3g, Cholesterol 20mg, Sodium 150mg, Total Carbohydrate 16g, Protein 3g, and various vitamins and minerals.

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