

Oat Bran Muffins

2 ½ cups oat bran
2 teaspoons baking powder
¼ teaspoon baking soda
½ cup raisins
¼ cup brown sugar
1 egg watchers egg (or egg substitute)
1 cup skim milk
2 tablespoons vegetable oil

Preheat oven to 425 degrees. Mix dry ingredients together in one bowl and liquid ingredients in another. Blend. Avoid over mixing. Bake in non stick muffin tins for 15 minutes. Remove from pan and cool on a wire rack. Store in covered container. May be frozen

Per serving: 0 mg cholesterol, 1 gm saturated fat for 2 muffins.