



Breakfast Muffin

Instructions:

Preheat oven to 400 degrees and coat a 6 count muffin tin with 6 seconds of Pam.

In a large bowl, mix the oat bran and baking soda.

Add the milk, yogurt, and cinnamon. Mix until the batter is light and spongy.

Add the batter to the muffin tin. Place in the oven and bake for 20 minutes.

Cool on a wire rack.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

5 minutes

Cook Time:

20 minutes

Ingredients:

1 3/8 cup oat bran

1 tsp. baking soda

1/2 cup low-fat milk

1 cup of plain (unflavored)
Greek yogurt

cinnamon to taste

Pam