



## Autumn Breakfast Muffin

### Instructions:

Preheat oven to 350 degrees and coat a 9 count muffin tin with 9 seconds of Pam.

Combine all the ingredients besides for the flour and oat bran and mix well.

Combine oat bran and flour without overmixing.

Bake for 25 minutes.

**1 muffin counts as 1 snack**

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### Prep Time:

10 minutes

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### Cook Time:

25 minutes

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### Ingredients:

15 oz. can pureed sweet potato

4 egg whites

1 tsp. vanilla extract

1/2 tsp. baking soda

1/4 tsp. salt

2 tsp. cinnamon

1/2 cup white whole wheat flour

3/4 cup oat bran

9 seconds Pam