



Breakfast Muffin

Instructions:

Preheat the 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.

Makes 2 breakfasts

3 muffins count as 1 breakfast

Alternatively, 1 muffin counts as 1 snack

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 100 calorie Greek yogurt

cinnamon to taste

Pam