



BLUEBERRY BRAN MUFFINS



Product: All-Bran Flakes® cereal

Pack Size: 6 x 1 kg

Order Code: 70140 (000 64100 00949 3)

Preparation Time: 20 minutes

Cooking Method: Bake

Serving Utensil: Tongs

Serving Suggestions: Serve with butter/peanut butter as a breakfast item or alternately as a high fiber snack menu item.

Yield: 24 servings

Portion: 1 each (88 g/3 oz)

Ingredients:

Nutrition Facts	
Calories	200 Kcal
PRO	5 g
Chol	20 mg
Total Fat	6 g
Sat Fat	1 g
Trans Fat	0 g
CHO	35 g
Dietary Fibre	2 g
Total Sugars	13 g
Sodium	270 mg
Potassium	125 mg
Calcium	150 mg
Iron	2.5 mg
Vit A	0 mg
Vit C	0.82 mg

Steps	Ingredients	24 servings	
		Metric	Imperial
1	White Sugar	27 g	1 oz
1	Cinnamon	5 ml	1 tsp
2	All-Purpose Flour	470 g	1 lb + 1 Tbsp
2	White Sugar	205 g	7 oz
2	Table Salt	5 ml	1 tsp
2	Baking Powder	30 g	2 Tbsp
3	All-Bran Flakes® Cereal	204 g	1.5 Qt
3	2% Milk	625 ml	2 ½ cup
4	Liquid Eggs or Large Eggs	100 ml or 2 eggs	½ cup + 4 tsp or 2 eggs
4	Canola Oil	125 ml	½ cup
5	Blueberries, frozen	290 g	10 oz

Preparation Steps:

Wash hands before, during, and after preparation. Clean and sanitize surfaces and equipment.



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1. Preheat convection oven to 190°C/375°F. Prepare the cinnamon-sugar topping by mixing in a small bowl the White Sugar and Cinnamon. Set aside for later step.
2. In a separate bowl, mix the All-Purpose Flour, White Sugar, Table Salt, and Baking Powder. Set aside.
3. In the floor/stand mixer mixing bowl, add the **All-Bran Flakes® Cereal** and Milk. Let it sit for about 5 minutes, allowing the cereal to soften.
4. Add the Liquid Eggs, and Oil to the cereal; beat well to combine. Add the flour mixture, stirring just until everything is combined.
5. Stir in the Blueberries and gently mix.
6. Portion batter using a #10 scoop into lightly greased using vegetable spray or paper lined muffin pan(s). Sprinkle the cinnamon-sugar topping evenly over the muffins.
7. Bake for ~18 minutes or until firm to the touch. Allow to cool in pan and then transfer prepared muffins to an airtight container or wrap.

NOTE: Cool and hold product covered at room temperature; avoid storage longer than 2 days or in high humidity and warm environments as it may promote mold growth.

CCP-Maintain <4°C/40°F.

Variations: *May substitute raisins or chocolate chips in place of the blueberries; note this will not be reflected in the nutrition facts table.*

In keeping with good allergy practices, we remind you to be aware of allergens and to check labels on any packaged goods used. This recipe has been created with the suggestion of using Kellogg's® cereal products. Results with other products may vary.