



CARROT BRAN MUFFINS



Product: Kellogg's All-Bran Original® Cereal

Pack Size: 6 x 1.6 KG

Order Code: 17904 (000 64100 00948 6)

Preparation Time: 40 minutes

Cooking Method: Mix & Bake

Serving Utensil: Tongs

Serving Suggestions: Serve at breakfast with butter, at lunch on a salad plate or as a snack. Pair it with yogurt or nut butter to make it a perfect snack.

Yield: 24 servings

Portion: 1 each (92 g/3.2 oz)

Ingredients:

Nutrition Facts	
Calories	190 Kcal
PRO	6 g
Chol	20 mg
Total Fat	6 g
Sat Fat	1 g
Trans Fat	0.03 g
CHO	32 g
Dietary Fibre	4 g
Total Sugars	12 g
Sodium	260 mg
Potassium	250 mg
Calcium	125 mg
Iron	2.5 mg
Vit A	0.13 mg
Vit C	1.27 mg

Steps	Ingredients	24 servings	
		Metric	Imperial
1	All-Purpose Flour	400 g	14 oz
1	Baking Powder	15 g	0.5 oz
1	Baking Soda	11 g	0.4 oz
1	Cinnamon	10 ml	2 tsp
1	Ground Nutmeg	5 ml	1 tsp
2	Kellogg's All-Bran Original® Cereal	216 g	7.6 oz
2	2 % Milk	750 ml	3 cups
3	Vegetable Oil	125 ml	½ cup
3	Brown Sugar	105 g	3.7 oz
3	Liquid Eggs or Large Eggs	105 ml or 2 each	1/3 cup + 5 tsp
4	Carrots, grated with skin on	300 g	10.5 oz
4	Raisins	150 g	5.3 oz



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Preparation Steps:

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

1. Preheat convection oven to 190°C/375°F. In a large bowl, combine Flour, Baking Powder, Baking Soda, Cinnamon, and Nutmeg. Set aside.
2. In a floor mixer or stand mixer, pour in **Kellogg's All-Bran Original® Cereal** and Milk. Let stand for 4 minutes or until cereal is softened.
3. Add Oil, Brown Sugar, and Liquid Eggs. Beat well.
4. Wash carrots, cut off the ends and grate with skin on. Stir in Carrots and Raisins into the egg mixture. Add flour mixture, stirring just until combined.
5. Portion batter using a #10 scoop into lightly greased using vegetable spray or paper lined muffin pan(s).
6. 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.

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.

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