Bran: A world of endless possibilities...

Learning for Life

The University of Georgia Cooperative Extension

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- The hard outer layer of whole grains
- Absorbs water in the stomach resulting in a sense of fullness
- Bran can be added to recipes and eaten as cereal
- Wheat and oat bran easy to buy in stores.
Very nutritious:
- Rich in dietary fiber
- Contains many B vitamins
- Provides phosphorus, zinc, copper, manganese, magnesium and selenium
- Source of antioxidants like Vitamin E

Appearance:
- Hard outer shell to protect seed, containing vitamins and minerals

Taste:
- Sweet
- Dry
- Thick
- Nutty
- Earthy

Add to recipes:
- Cooked grits
- Yeast breads and muffins and other baked goods
- Topping for casseroles
Quick Honey Bran Muffins
Adapted from a Kellogg All Bran™ Recipe

Ingredients:

1/2 cup all purpose flour
1/2 cup whole wheat flour
1/4 teaspoon baking soda
1 cup All-Bran™ cereal
1/3 cup buttermilk or 1/3 cup non-fat milk mixed with 1 teaspoon vinegar
1/4 cup low cholesterol egg substitute
1/2 cup honey
2 tablespoons canola oil
Non-stick cooking spray

Directions:

1. Stir flours with baking soda in a small bowl.
2. In a medium bowl, combine the cereal and milk and let stand two minutes so cereal can soften.
3. Add egg substitute, honey and oil. Beat well.
4. Stir in the flour mixture just until well moistened. Do not over mix.

Makes 9 muffins

Nutrition Information:
Calories: 156  Carbohydrate: 31 grams  Protein: 4 grams  Fat: 4 grams
Saturated Fat: Less than 1 gram  Cholesterol: Less than 1 milligram
Sodium: 76 milligrams  Fiber: 3 grams