

## Apple Carrot Muffins

1 ¾ cups raisin bran cereal	1 egg
1 ¼ cups all-purpose flour	¾ cup buttermilk
¾ cup sugar	¼ cup canola oil
1 ¼ teaspoons baking soda	¾ cup finely chopped peeled tart apples
1 teaspoon ground cinnamon	¾ cup grated carrots
¼ teaspoon salt	¼ cup chopped walnuts



- 1) In a bowl, combine first six ingredients. In a small bowl, beat the egg, buttermilk and oil. Stir into dry ingredients just until moistened. Fold in apples, carrots and walnuts.
- 2) Fill paper-lined muffin cups or cups coated with nonstick cooking spray three-fourths full.
- 3) Bake at 400 degrees F for 20-23 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.