



Honey Raisin Muffins

½ cup + 2 tablespoons all purpose flour	¼ teaspoon baking soda	1 cup skim milk
½ cup + 2 tablespoons whole wheat flour	1 teaspoon ground cinnamon	½ cup honey
¾ teaspoon baking powder	¼ teaspoon salt	2 egg whites
	2 cups bran flake cereal with raisins	3 tablespoons unsweetened applesauce
		2 tablespoons canola oil

- 1. Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- 2. In** a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce and oil; **mix** well.
- 3. Add** dry ingredients and stir until moistened.
- 4. Fill** a greased or paper-lined muffin pan $\frac{2}{3}$ full.
- 5. Bake** at 400°F for 15-18 minutes.
- 6. Cool** 10 minutes before removing from pan.

Yield: 12 muffins.

Nutrition Analysis:
 150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Honey

SEASON: Honey is harvested in July and August.

NUTRITION FACTS: 1 tablespoon of honey has 60 calories, 0 g fat, 17 g carbohydrate, 0 g protein.

SELECTION: Bees prepare honey from nectar collected from the flowers and blossoms of trees. Color and flavor is determined by the blooms.

STORAGE: Store honey at room temperature, in an air-tight container for up to 2 years.

PREPARATION: Honey can be used in cooking in place of sugar. For baking with honey, substitute honey for up to $\frac{1}{2}$ the sugar in recipes. Reduce

Source: www.honey.com



the liquid in the recipe by $\frac{1}{4}$ cup for each cup of honey used. Add $\frac{1}{2}$ teaspoon baking soda for each cup of honey and reduce the oven temperature by 25° to prevent over-browning. Honey has a higher sweetening power than sugar. It will take less to sweeten your recipe.

HONEY

Plate It Up! Kentucky Proud Project

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March 2012

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