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. Add dry ingredients and stir until moistened.

5. Fill a greased or paper-lined muffin pan 2/3 full.

6. Bake at 400ºF for 15-18 minutes.

7. Cool 10 minutes before removing from pan.

Yield: 12 muffins.

Nutrition Analysis:
- Calories: 150
- Fat: 3 g
- Cholesterol: 0 mg
- Sodium: 170 mg
- Carbohydrate: 30 g
- Fiber: 2 g
- Sugar: 15 g
- Protein: 4 g

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

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 ½ the sugar in recipes. Reduce the liquid in the recipe by ¼ cup for each cup of honey used. Add ½ teaspoon baking soda for each cup of honey and reduce the oven temperature by 25º to prevent over-browning. Honey has a higher sweetening power than sugar. It will take less to sweeten your recipe.

Source: www.honey.com