

Orange Breakfast Muffins



These muffins are great for mornings when you're running short on time or for a quick snack. You can make regular sized muffins or mini-muffins. Freeze them individually in resealable bags and quickly defrost in the microwave for an instant breakfast you can eat on-the-go.

1 1/2 cup oat bran
1 cup whole wheat flour
1 cup ground flaxseed
1 cup wheat bran
1 tbsp baking powder
1/2 tsp salt
2 medium seedless oranges, peeled
1/2 cup SLENDA® brown sugar blend
1 tbsp lemon juice plus enough skim milk to make 1 cup (or 1 cup buttermilk)
1/2 cup extra virgin olive oil
2 whole eggs (or 4 egg whites)
1 tsp baking soda
3/4 cup chopped walnuts
3/4 cup raisins (optional)

Preheat oven to 375° Fahrenheit. Spray muffin pan with non-stick spray. Measure 1 tbsp lemon juice into a measuring cup and pour in skim milk for a total of one cup. Do not stir. Allow to sit for 5 minutes. Alternatively, you can simply use 1 cup of buttermilk if you have this ingredient on hand.

Mix together the first six ingredients in a large bowl: oat bran, whole wheat flour, flaxseed, wheat bran, baking powder and salt.

In a blender or food processor, blend oranges, brown sugar substitute, milk, oil, eggs, and baking soda until well combined.

Create a well in the middle of the dry ingredients. Pour the orange mixture into the dry ingredients and stir until well mixed.

Add walnuts and raisins (if desired) and mix.

Fill muffin compartments approximately 3/4 full. Bake 20 minutes for regular muffins. Note: mini-muffins will take less time.

Source: The Glycemic Gourmet.