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KSL TV, Eyewitness News at Noon
 Monday, April 10, 2006

“Cream Cheese Filled Bran Muffins”

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Use a basic bran muffin recipe and fill with cream cheese for a tasty surprise. Makes 12-15 muffins

Ingredients:

- 1/2 cup boiling water
- 1 cup bran cereal (not flakes)
- 3/4 cup raisins or chopped dates, optional
- 3 tablespoons butter, melted
- 1 cup 1% buttermilk
- 1 egg, partially beaten
- 1/2 cup sugar
- 1 1/4 cups flour
- 1 1/4 teaspoons soda
- 1/4 teaspoon salt
- 1/2 cup bran flakes
- Filling (see below)

Method:

Preheat oven to 400⁰ F. Prepare filling (below) and set aside. Grease, or line standard muffin tin with cupcake papers.

Pour boiling water over bran cereal and optional raisin/dates; and allow to stand 5 minutes.

Stir in melted butter, buttermilk, egg, and sugar; mix well. Stir in flour, soda, and salt. Add bran flakes and stir just until combined. Place approximately 1 tablespoon batter in bottom of prepared muffin tins; gently spread batter over bottom of cup. Spoon in approximately 2 teaspoons prepared filling. Cover filling with additional muffin batter to fill cup approximately 3/4 full. Bake 20 minutes or until done.

FILLING:

Soften 1 package (8 oz) low-fat cream cheese; add 2 tablespoons sugar and 1egg. Beat together until smooth and creamy.

NOTE: If desired, soften 1 package (8 oz) cream cheese, add 1 teaspoon milk and stir until smooth. Divide into small bowls; add a drop of food color to each bowl, and stir. Spread cream cheese over muffins. Use different the colored cream cheese in pastry tubes to create fun designs.



Nutrition Facts	
Serving Size 1 muffin (82g)	
Servings Per Container 12	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4.5g	22%
Cholesterol 55mg	18%
Sodium 360mg	15%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	9%
Sugars 14g	
Protein 6g	
Vitamin A 10%	• Vitamin C 6%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	