



*Delicious!*

PREPARATION: 10 MINUTES | BAKING: 20 MINUTES | MAKES 12 MUFFINS

# WHEAT BRAN MUFFINS

## INGREDIENTS

<u>1 egg</u>	<u>1 ½ cups all-purpose flour</u>
<u>½ cup white sugar</u>	<u>½ cup wheat bran</u>
<u>⅓ cup vegetable oil</u>	<u>1 ½ teaspoons baking soda</u>
<u>1 teaspoon vanilla extract</u>	<u>1 cup cranberries, fresh or frozen</u>
<u>1 cup rice beverage (unfortified)</u>	<u>½ cup raspberries, fresh or frozen</u>

## PREPARATION

- 1** Preheat conventional oven to 350°F. Line the muffin tins with paper cups.
- 2** In a mixing bowl, whisk the egg, sugar, oil and vanilla together. Add the rice beverage and mix to combine.
- 3** In a separate bowl, sift together the flour, wheat bran and baking soda.
- 4** Add the dry ingredients to the wet ingredients and mix thoroughly.
- 5** Fold the berries into the muffin mixture.
- 6** Divide the batter among the 12 muffin cups and bake for approximately 20 minutes or until the tops of the muffins spring back upon touch.



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## Nutrient Analysis

<b>PER SERVING</b>	
1 Muffin	
<b>Renal/Diabetic exchanges:</b>	
2 Starch + 1 Fat	
Calories	<b>173Kcal</b>
Protein	<b>3g</b>
Total Carbohydrate	<b>26g</b>
Fiber	<b>2g</b>
Sugars	<b>10g</b>
Fat	<b>7g</b>
Saturated	<b>1g</b>
Cholesterol	<b>16mg</b>
Sodium	<b>172mg</b>
Potassium	<b>79mg</b>
Phosphorus	<b>61mg</b>
Calcium	<b>33mg</b>
Iron	<b>1mg</b>
Magnesium	<b>24mg</b>
Vitamin C	<b>4mg</b>

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## POTASSIUM CHECK

### Wheat bran as a fiber choice

A healthy diet must contain ample fiber to promote bowel function and prevent diseases of the colon. It has also been shown to improve cholesterol, blood pressure and glucose levels for those with diabetes.

Wheat bran can be a source of fiber in the diet. Wheat is a grain that is commonly ground to make flour. During this process, the shell, known as the bran is separated from the rest of the grain and available to be added to various foods to increase their fiber content. Typically, it is sold as pure wheat bran and available in bulk at grocery stores. Wheat bran cannot be stored in the cupboard like regular wheat flour. It tends to get rancid over time. Store in the refrigerator to ensure freshness. If it is bitter in taste, it is probably rancid and should be thrown away.

In addition to adding fiber to the diet, wheat bran is also a good source of iron, magnesium and B vitamins. Wheat bran is easy to add to cereals or baked goods. Adding it to muffins is common, but it can also be added to pancakes, waffles, yeast breads or even cookies to increase the nutritional value of these foods.

In a CKD diet, wheat bran should be enjoyed in moderation because it contains a higher amount of potassium and phosphorus. Ask your dietitian how much is right for you.

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