



Bran Muffin Trifle

Recipe by Chef Bryan Woolley

- 1 raisin bran muffin, chopped up
- 1 cup sliced strawberries
- ½ cup low fat yogurt (flavor is your choice)

1. In a wine glass begin your layering with the bran muffin pieces, followed a layer of yogurt and sliced strawberries. Continue until layers are built or ingredients are all used.
2. Serve and enjoy!

Honey Raisin Bran Muffins

- 1 ¾ cups all-purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 2 tablespoons sugar
- 2 ½ cups Raisin Bran cereal
- 1 cup golden raisins
- 1 ¼ cups fat-free milk
- ⅓ cup honey
- 1 egg
- ¼ cup vegetable oil

1. In a large bowl, combine flour, salt, sugar, and baking powder. Whisk together to combine.
2. Add remaining ingredients and stir just until combined.
3. Divide evenly in a 12-serving muffin tin.
4. Bake in a preheated 375 degree oven for about 20 minutes or until done.

Nutritional Analysis – Muffins/Trifle

Serving Size:	1 muffin/1 trifle
Calories:	205/311
Protein:	5g/9g
Carbohydrate:	37g/60g
Total Fat:	6g/7g
Saturated Fat:	1g/1g
Cholesterol:	18mg/19mg
Sodium:	234mg/272mg

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Diabetic Exchanges - Muffins/Trifle

Protein:	1/1
Fat:	1/1.5
Carbohydrates:	2.5/ 4