

Gingerbread Muffins

Ingredients

1 ½ cups all purpose flour
2 cups Kellogg's Special K cereal, crushed to 1 cup
¾ cup equal spoonful
½ cup raisins
1 tablespoon baking powder
1 teaspoon ground cinnamon
½ teaspoon ginger
¼ teaspoon ground cloves
¼ teaspoon baking soda
¼ teaspoon salt
2 large egg whites
2 tablespoons vegetable oil
3 tablespoons light molasses

Lightly coat 12 muffin cups with nonstick spray or line with paper liners; set aside. Combine flour, crushed cereal, equal, raisins, baking powder, cinnamon, ginger, cloves, baking soda and salt in large mixing bowl. Stir in buttermilk, egg whites, vegetable oil and molasses until all ingredients are just moistened. Spoon batter into muffin cups, filling 2/3 full. Bake in preheated 400 degree oven 18 to 20 minutes or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes. Remove muffins from pan and cool on wire rack. Serve warm or at room temperature.

Nutrition information:

Calories 152
Protein 4 g
Carbohydrate 26 g
Fat 4 g
Cholesterol 1 mg
Sodium 273 mg