

## [RECIPES USING WHEAT BRAN](#)



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These delicious breakfast pancakes are enriched with wheat bran, bananas and milk and are perfect for brunch. Bananas and milk provide you with all the energy, protein and calcium needed to carry out your regular activities, while walnuts add omega-3 fatty acid.

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Bran is removed during the flour-making process and sold separately. Although the term generally describes dark-brown wheat husks, it can also be applied to other cereal grains and rice.

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So why are these the best whole wheat bran muffins?! Because they taste amazing and they re good for you too! These golden beauties are filled with bran, whole wheat flour, low-fat buttermilk, greek yogurt, coconut oil and fresh fruit. Oh, and did I mention they re low in sugar? Yep, they re the whole package.

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eggs, oat bran, wheat bran, low fat yogurt (0,1% fat), 0 cal sweetener or agave, orange extract, baking soda, cream of tartar Phil Lower carb pancakes.

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### **Classic Bran Muffins Recipe Allrecipes com**

Beat together oil, egg, sugar and vanilla and add to buttermilk/bran mixture. Sift together flour, baking soda, baking powder and salt. Stir flour mixture into buttermilk mixture, until just blended. Fold in raisins and spoon batter into prepared muffin tins.

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