

MOVING MORE, EVERYDAY, EVERYWHERE



Activities to Remember



Activities for your family can be simple. You can take a walk after dinner, play in the park, or dance to your favorite songs. Use this list to help you plan family activities for most days of the week.

OUTDOOR ACTIVITIES AT HOME

_____	_____
_____	_____
_____	_____
_____	_____

OUTDOOR ACTIVITIES AWAY FROM HOME

_____	_____
_____	_____
_____	_____
_____	_____

INDOOR ACTIVITIES

_____	_____
_____	_____
_____	_____
_____	_____



BRAN MUFFINS

Makes 10 servings

Serving Size: 1 muffin

Ingredients

- 1 1/2 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup sugar
- 2 cups bran cereal
- 1/4 cups raisins (optional)
- 1 egg
- 3 tablespoons vegetable oil
- 1 cup buttermilk



Directions


1. Put the flour in a mixing bowl.
2. Add salt, baking soda, and sugar. Mix well.
3. Stir in the bran cereal. Add raisins (optional). Mix well.
4. Make a well in the center of the mixture and set aside.
5. In another bowl, beat the eggs, milk, and oil together.
6. Pour the egg mixture into the well of the cereal mixture and stir until all ingredients are moist.
7. Cover and store in the refrigerator until ready to bake.

To Bake

1. Preheat oven to 425° F. Spray or grease the bottoms of a muffin tin or use paper liners.
2. Fill the tins about 2/3 full.
3. Bake for 15 to 20 minutes, or until golden brown.

Nutrition information Per Serving

210 calories		Total Carbohydrate	38 g
Total Fat	5 g	Dietary Fiber	2 g
Saturated Fat	1 g	Sodium	280 mg
Protein	4 g		

 Excellent source of iron and fiber



Eat Smart