

# Let's Taste It! Plan, Shop, Pack List: Bran Muffins

## Ingredients

- All-purpose flour
- Whole wheat flour
- Salt
- Baking soda
- Sugar
- Bran flake cereal with raisins
- 1 egg
- Buttermilk (or substitute with milk and either lemon juice or vinegar)
- Vegetable oil

## Prepare before class

- Make Bran Muffins.
- If not serving within a day, wrap muffins in foil or a plastic bag and freeze.
- Within 24 hours of class, If frozen, thaw muffins for 15 seconds in the microwave or overnight in the refrigerator.
- Pack muffins in a sealable plastic bag or container with a lid to bring to class.
- Print copies of the recipe (1 for each participant).

## Equipment

- None

## Disposable Supplies

- Napkins

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## Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Dish soap
- Sanitizing wipes or spray
- Trash bags

## First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

**Educator:** \_\_\_\_\_

**Group Name:** \_\_\_\_\_

**# of participants in group:** \_\_\_\_\_ **Date of lesson:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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