



**Nora Mill Granary**  
 7107 South Main Street  
 Helen, GA 30545

706-878-2375  
 noramill.com

## Nora Mill Wheat Bran Banana Bran Muffins

**Nora Mill Granary**  
 EST. 1878  
 Grist Mill & Country Store

# Wheat Bran

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 Helen, Georgia 30545  
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Shop online @ [www.noramill.com](http://www.noramill.com)

### Banana Bran Muffins

1 egg, beaten	1/2 Cup Nora Mill
1/4 Cup milk	Wheat Bran
1/4 Cup vegetable oil	1/2 Cup sugar
1/2 Cup mashed bananas	2 tsp. baking powder
1/2 Cup all-purpose flour	1/2 tsp. salt

Combine egg, milk and oil. Stir in bananas. Combine remaining ingredients and add to banana mixture. Mix just until all dry ingredients are moistened. Fill greased muffin tins about 1/2 full. Bake at 375° F oven for 15-20 minutes or until lightly browned. *Makes 12 muffins.*

*To enhance the nutritional benefits of most foods with ease, stir in or sprinkle a little wheat bran on your favorite foods, such as macaroni & cheese, noodle casserole, hot or cold cereals, sliced bananas, grapefruit and melons, yogurt or applesauce.*

**INGREDIENTS:** 100% Whole Wheat Bran.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

