

BRAN FLAKES

FORTIFIED READY TO EAT CEREAL

for use in the USDA Household Commodity Food Distribution Programs

Revised 10/28/03

Product Description

Bran Flakes is a ready-to-eat cereal with no added sweeteners. Because it is made from natural whole grain wheat, it contains high fiber wheat bran.

Pack/Yield

A 17.3-ounce box of cereal provides 15 $\frac{3}{4}$ -cup servings. Since box sizes may vary, check the label for exact yield.

Storage

- Store unopened boxes of cereal in a cool, dry place off the floor until ready to use.
- After opening, keep inside bag tightly closed to preserve freshness. Use within 4 to 6 weeks.

Uses and Tips

- Top bran flakes with cold milk and fresh fruit for a nutritious breakfast.
- Mix $\frac{1}{2}$ cup of crushed bran flakes and $\frac{1}{4}$ teaspoon of cinnamon or nutmeg. Sprinkle on top of breads or muffins before baking.
- Bran flakes can be substituted in recipes calling for any variety of dry ready-to-eat cereals.

(See recipes on reverse side)



U.S. Department of Agriculture

Nutrition Information

- ***Bran Flakes Cereal*** provides less than 100 calories per serving and is low in fat. It is also a good source of fiber, vitamin A, vitamin C, and iron.
- 1 ounce ($\frac{3}{4}$ cup) of bran flakes cereal provides 1 serving from the **BREAD, CEREAL, RICE, and PASTA GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size $\frac{3}{4}$ cup (29g) bran flakes cereal			
Amount Per Serving			
Calories	90	Fat Cal	5
		% Daily Value*	
Total Fat	0.5g		0%
	Saturated Fat 0g		0%
Cholesterol	0mg		0%
Sodium	210g		8%
Total Carbohydrate	23g		7%
	Dietary Fiber 5g		20%
	Sugars 5g		
Protein	3g		
Vitamin A	25%	Vitamin C	25%
Calcium	0%	Iron	46%
*Percent Daily Values are based on a 2,000 calorie diet			

Honey Bran Muffins

1¾ cups flour
 1 tablespoon baking powder
 1½ cups lowfat milk
 ½ cup honey
 1 egg
 3 tablespoons oil
 3 cups bran flakes
 ½ cup raisins (optional)

Recipe provided by Kellogg's

1. Preheat oven to 400°F.
2. Mix together the flour and baking powder. Set aside.
3. In a large mixing bowl, beat together the milk, honey, egg, and oil.
4. Add to dry ingredients along with bran flakes and raisins (optional). Mix together ONLY until moistened.
5. Portion into twelve muffin cups lightly coated with cooking spray or lined with muffin papers.
6. Bake 25 minutes until lightly browned.
7. Serve warm.

Makes 12 muffins

Nutrition Information for each Honey-Bran Muffin:

Calories	191	Cholesterol	18 mg	Sugar	15 g	Calcium	83 mg
Calories from Fat	40	Sodium	198 mg	Protein	4 g	Iron	3.7 mg
Total Fat	4.4 g	Total Carbohydrate	35 g	Vitamin A	142 RE		
Saturated Fat	.9 g	Dietary Fiber	2 g	Vitamin C	5 mg		

Banana Bran Bars

1 cup flour
 ¼ cup packed brown sugar
 ½ teaspoon baking soda
 1 teaspoon baking powder
 ¼ teaspoon salt
 1½ teaspoons cinnamon
 1 cup crushed bran flakes
 1 cup lowfat milk
 2 eggs
 1 carrot, peeled and shredded
 1 ripe banana, peeled and mashed
 1/3 cup chopped walnuts (optional)

Recipe provided by 24hourfitness.com

1. Preheat oven to 375°F.
2. Oil an 8" x 8" pan.
3. In a medium bowl, combine flour, brown sugar, baking soda, baking powder, salt, cinnamon, and bran flakes.
4. In a separate small bowl combine the milk, eggs, carrot, banana and walnuts.
5. Add milk mixture to cereal mixture, mixing well.
6. Pour into prepared pan.
7. Bake for 25-35 minutes until lightly browned.
8. Cut 3 x 4 to make twelve bars.

Makes 12 servings

Nutrition Information for each serving of Banana Bran Bars:

Calories	99	Cholesterol	36 mg	Sugar	7 g	Calcium	53 mg
Calories from fat	11	Sodium	184 mg	Protein	3 g	Iron	1.7 mg
Total Fat	1.2 g	Total Carbohydrate	19 g	Vitamin A	236 RE		
Saturated Fat	.4 g	Dietary Fiber	1 g	Vitamin C	3 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

U.S. Department of Agriculture • Food and Nutrition Service

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.