

Weight-loss muffins and breads

Before you start saying to yourself that you don't have time to do any baking, consider the fact that in just 10 min of preparation and 17 min of baking time you can have a weeks supply.

Whenever a recipe calls for breadcrumbs or coatings, try oat bran instead. If you possess basic baking skills oat bran offers a whole world of delicious possibilities.

To get started buy a packet of oat bran. This should be sufficient to make two dozen muffins. This should only take about 15 min.

Start out perhaps with 12 basic muffins and 12 apple cinnamon muffins.

Figuring on eating three muffins daily, that will be more than enough to last for a full week.

Even if you've never baked thing in your life, muffin making is simple and foolproof.

Here is what you will need to start:
12 cup non-stick muffin baking pan.
Paper muffin cup liners.
Measuring spoons.
A mixing bowl.

In addition, take a look at the recipes to see what ingredients you'll need to start making the ones that sounds best to you.

Probably you already have most to all of the ingredients you need. And you'll find the practically any fresh, dried, frozen, or tinned fruit makes a delicious variety of muffins.

To have these muffins come out as perfect as possible baking time is critical. Set your oven timer or bench top timer to exactly 17 min.

When the timer rings, use a toothpick to test the doneness. The toothpick should come out of the muffins just slightly tacky to the touch, not wet or dry. If you over baked by even a minute or two, you'll have dry muffins.

Other recipes are not as critical since they have more sugar and oil to retain moisture. Depending upon the particular type and quantity of fruit you are using, the battle will take more or less time accordingly.

For example the pineapple muffin recipe is quite moist and will require an extra 2 min.

A word of caution. These muffins do not get Brown easily. At first you may think they do not look done. Use that toothpick. If you bake them until there is Brown is a typical flour-based cake would be, the muffins will be dry.

Because these muffins do not contain any preservatives keep the muffins in the freezer refrigerator. And when required pop cold or frozen muffins for a few moments into the microwave oven to warm them through, they will come out just as they were freshly baked.

Texture.

If you prefer your muffins crumbly, in texture, then the recipes as shown will be fine. However, if you prefer a more cake like texture try the following. Take a whole packet of oat bran and tempted right into your food processor with the large blade set to grind.

Let the machine run during the full time it takes to get all your other ingredients and measured say a few minutes. When it's time to add the oat bran and mix the batter, you will find that you have milled the oat bran down to a flowerlike texture, backspace. You will find it makes a huge difference in the way your muffins turn out.

Basic Muffin Recipe

2 1/4 cups oat bran.
One tablespoon baking powder (Not Baking soda)
1/4 cup brown sugar
1 1/4 cups skim milk, or low-fat milk.
2 egg whites
2 tablespoons vegetable oil
optional
1/4 cup chopped nuts (walnuts, pecans etc.)
1/4 cup raisins dates or whatever.

Oil Free Muffins- You can also make muffins without any oil all by substituting corn syrup for the oil. You can also make this substitution for any of the other muffin recipes. Try substituting corn syrup for oil and other baking recipes as well.

Preheat the oven to 220°C. Mix the dry ingredients in a large bowl. Mix the milk, egg whites and corn syrup together and blend with dry ingredients. Line muffin tins with paper baking cups, and fill with the batter dividing equally. Baked 13 to 15 min. Test for the doneness with a toothpick.

Note. This oil free recipe requires a bit less baking time than the recipe for basic muffins.

Apple Cinnamon Muffins.

2 1/4 cups oat bran.
1/4 cup brown sugar.
1 1/4 teaspoon cinnamon.
1 tablespoons baking powder.
1/4 cup chopped walnuts.
1/4 cup raisins.
1/2 cups skim milk.
3/4 cup Apple juice.
2 egg whites.
2 tablespoons vegetable oil.
1 medium apple, cored and chopped.

Mix the dry ingredients in a large bowl. Mix the milk Apple juice, egg whites and oil in a bowl or blender. Add to the dry ingredients and mix add the chopped apple. Line the muffin tins with paper baking cups and filled with batter. Bake in 220° C oven for 17 min.

Makes 12 muffins.

After cooling, store in a large plastic bag to retain moisture and softness.

Serve with apple sauce or spread with apple butter.

Banana Nut Muffins.

2 1/4 cups oat bran.
One tablespoon baking powder.
1/4 cup raisins.
Two tablespoons vegetable oil.
1 cup evaporated skim milk.
2 egg whites.
1 tin pears in natural juice drained.

Preheat the oven to 220° C. Mix the dry ingredients in a bowl. Mix together all other ingredients except the pears. Add the liquid mixture to the dry ingredients and mix. Chop the tin pears finely and air to the batter. If the batter seems dry, add a little of the juice from the pears. Line the muffin tin with paper baking cups and fill with batter. Bake for 17 min or until the toothpick comes out dry.

Strawberry Muffins.

2 1/4 cups oat bran.
1/4 cup brown sugar.
1 tablespoon baking powder.
1/2 cup skim milk.
3/4 cup strawberry puree.
3/4 cup fresh or frozen strawberries, sliced.

2 egg whites.

2 tablespoons vegetable oil.

Preheat the oven to 220° C. Mix the dry ingredients in a large bowl. Mix the milk, strawberry nectar, strawberries, egg whites and oil in a bowl or blender. Reserve 12 pieces of fresh strawberry to place on top of muffins. Combine with the dry ingredients and mix line muffin tins with paper baking cups and fill with batter. Place a piece of strawberry on each. Bake for 17 min.

Makes 12 muffins

Pineapple Muffins

2 1/4 cups oat bran.

1/4 cup brown sugar.

1 tablespoon baking powder.

1/2 cup skim or low-fat milk.

2 cups crushed pineapple in its own juice (unsweetened).

2 egg whites.

2 tablespoons vegetable oil.

Preheat oven to 220° C. Mix the dry ingredients in a large bowl. Mix the milk, 1 cup of crushed pineapple with juice, egg whites and oil in a bowl or blender. Combine ingredients and mix. Drain the remaining cup of pineapple head to the mixture. Line the muffin tins with paper baking cups, and fill with the batter. Bake for 17 min.

Pumpkin Muffins.

2 1/4 cups oat bran.

3 tablespoons brown sugar.

1 tablespoon baking powder.

1/2 teaspoon nutmeg.

1/2 teaspoon cinnamon.

1/4 cup raisins.

1/2 cup pumpkin purée.

1/2 cup pineapple juice.

3/4 cup low-fat milk.

2 tablespoons vegetable oil.

2 egg whites.

Preheat the oven to 220° C. Mix the dry ingredients in a large bowl. Mix all the other ingredients in a blender. Combine with the dry ingredients and just mix. Line the muffin tins with paper baking cups. Fill cups with batter and bake for 17 min or until a wooden toothpick comes out dry.

Savoury Dinner Muffins.

1 1/4 cups oat bran.

1 cup wholemeal self raising flour.

1 1/2 cups low-fat milk.

2 egg whites.

2 tablespoons of honey or maple syrup.

3 tablespoons vegetable oil.

Preheat the oven to 220° C. Mix the dry ingredients in a large bowl. Mix the milk of the remaining ingredients in a blender at low speed, then add the dry ingredients and stir until just mixed. Line the muffin tin with baking paper cups, and fill with batter. Bake 15 min or until the toothpick comes out dry.

Blueberry Muffins.

2 1/4 cups oat bran.

2 tablespoons brown sugar.

1 tablespoon baking powder.

1/2 teaspoon cinnamon.

1/4 teaspoon vanilla essence.

2 egg whites.

Two tablespoons vegetable oil.

3/4 cup low-fat milk.

2 cups frozen or fresh blueberries.

Preheat oven to 220 C. Mix the dry ingredients in a large bowl. Mix all the other ingredients, including the blueberries by hand. Combine with the dry ingredients and mix. Line the muffin tin with paper baking cups. Fill the baking cups with batter. Bake 17 min or until a toothpick comes out dry.

Banana Muffins.

2 1/4 cups oat bran.

2 tablespoons brown sugar.

1 tablespoon baking powder.

1/2 teaspoon cinnamon.

1/4 teaspoon vanilla essence.

2 egg whites.

Two tablespoons vegetable oil.

3/4 cup low-fat milk.

3 large ripe bananas.

Preheat the oven to 220° C mix the dry ingredients in a large bowl mix all the other ingredients except banana in a blender at low speed. Combine with the dry ingredients and mix. Mash the bananas and led to rest of ingredients fold in. Line the muffin tin with paper baking cups. Fill the paper baking cups with the batter mixture. Bake 17 min or until the toothpick comes out dry.

Dinner Rolls

Note -These are not muffins.

3/4 cup oat bran.

1/2 cup wholemeal self raising flour.

3/4 cup low-fat milk.

2 tablespoons honey or maple syrup.

3 tablespoons vegetable oil.

Reduce oat bran to flower like consistency in food processor or blender. Then blend in self raising flour. Blend in the other ingredients and drop the batter onto a baking tray lined with baking powder.

Bake at 190°C for 8 to 10 min or until barely browned, and serve hot from the oven.

Oatmeal Bread

3/4 of a cup boiling water.

1/2 cup rolled oats.

3 tablespoons margarine.

1/4 cup of honey or maple syrup.

1 teaspoon salt (or salt substitute).

1 envelope active dry yeast.

1/4 cup warm water.

1/2 teaspoon sugar.

2 egg whites.

2 to 3 cups plain flour.

3/4 cup oat bran (milled to flour consistency).

Stir together the boiling water, rolled oats, margarine, honey and salt in a large bowl until well mixed. Let cool to warm. Sprinkle the packet of yeast over the very warm water in a 1 cup container; add the half teaspoon of sugar. Stir to dissolve the yeast, and let it stand for about 10 min or until the mixture bubbles. Next add the yeast mixture, egg whites, one and a half cups of flour and the oat bran to the oatmeal mixture. Beat with an electric mixer at low speed for 2 min while gradually adding the rest of the flour. Put the dough into a loaf tin lined with baking paper cover with waxed paper and put in a warm place for about 45 min to rise.

Bake in a preheated oven at 190°C for about one hour. The bread is done when it feels and sounds hollow when you tap at. Remove the bread from the pan and let it cool.

Bran Brownies.

3 tablespoons cocoa powder.

1 tablespoon instant coffee.

1 tablespoon water.

2 very ripe bananas.

2 cups of sugar (less if you prefer).

6 egg whites.

1 teaspoon vanilla extract.

1 cup oat bran.

1 cup chopped walnuts (or substitute with dried fruit to cut fat further).

Combine the cocoa, Coffey, water, bananas, and mix in a blender or large bowl with a hand mixer. Add the sugar, eight whites, vanilla and mix well. Sift together the oat bran cereal and salt, then add to the mixture. Fold in the nuts or dried fruits. Pour into a brownie baking tray lined with baking paper. Bake 180 °C for 45 min. Cut into individual squares. Cool before serving.

Traditional Oatmeal Biscuits.

3/4 cup plain flour.

1/4 teaspoon bicarbonate of soda.

2 teaspoons vanilla essence.

60 g vegetable oil.

1/2 cup granulated sugar.

1/2 cup brown sugar.

3 eight whites.

1 1/2 cups instant oatmeal.

1/4 cup chopped walnuts or pecans.

Sift the flour and baking soda together. Blend vanilla, oil and sugar, then add the egg whites. Finally stir in the flour, oatmeal and nuts.

Preheat oven to 180 °C. Drop the dough onto a baking tray lined with baking paper. Bake for 8 min.

Note, Yes, there is sugar and fat in the recipe. But this batch should make 72 biscuits which with a little math you will realise that you can afford to have a biscuit or two once in a while without any guilt.

Buttermilk Oat Bran Pancakes.

6 egg whites.

3 cups buttermilk. (Low-fat)

6 tablespoons vegetable.

1 cup self raising flour.

2 cups oat bran.

1 tablespoon baking powder.

3 tablespoon sugar.

Simply mix the ingredients together and bake on a griddle sprayed very lightly with cooking oil.

How to Make French Fries Without Frying.

The problem with french fries (chips) is the frying in oil or animal fats. Here is a way to have french fries that are almost as good as the real thing.

Take three large potatoes peeled (or not) boil for 10 min drain and let cool. Cut into your favourite French fry shape. Preheat your oven to 190 °C. Place french fries on a baking tray lined with baking paper. Bake for 30 to 40 min.

For a little more extravagance you may spray with one of the new olive oil cooking sprays now available. However the calorific value becomes much greater with the addition of any oil.