



Healthy Ways to Eat

Bran Flakes



Make half of your grains whole grains

1. Eat with low-fat yogurt or milk. Sweeten the deal with fresh, frozen, canned or dried fruit!
2. Crush them up and use them as coating for fish, chicken or pork!
3. Instead of bread crumbs, try crushed bran flakes in meatloaf or meatball recipes!
4. Use 1 cup crushed bran flakes tossed with 2 teaspoons of oil as a topping for casseroles.
5. Make Bran Muffins. These are perfect for a grab-and-go breakfast or afterschool snack.

Ingredients

1 teaspoon cinnamon, divided	3 cups bran flakes
1 ¼ cups all-purpose flour	1 egg
½ cup + 1 Tablespoon sugar	1 ¼ cup fat-free milk
1 Tablespoon baking powder	¼ cup oil
½ teaspoon salt	½ cup dried fruit or nuts (optional)

Directions:

1. Preheat oven to 400° F. Grease a 12-cup muffin pan.
 2. In a small bowl, combine 1 Tablespoon sugar and ½ teaspoon cinnamon. Set aside for topping.
 3. In a bowl, mix flour, sugar, baking powder, ½ teaspoon cinnamon and salt. Set aside.
 4. In a large bowl, combine bran flakes and milk. Let stand for 2 minutes or until softened. Add egg, oil and dried fruit/nuts. Add flour mixture, stirring only until combined.
 5. Portion evenly into muffin-pan cups. Sprinkle evenly with cinnamon-sugar topping.
 6. Bake for 20 minutes or until lightly browned.
6. Top casseroles with crushed bran flakes. Try this Simple Supper Casserole.

Ingredients:

3 cups cooked starch (like brown rice, whole wheat pasta, egg noodles, or cubed potatoes)	2 cups sauce (such as 1 (16-oz.) can diced tomatoes or 1 (10-oz.) can condensed soup + ½ cup milk)
1-2 cups canned or pre-cooked protein (such as ground meat, chicken, fish, eggs or beans)	1-2 teaspoons dried herbs (optional)
1-2 cups fresh, frozen or canned vegetable(s)	1 cup crushed bran flakes
	2 tablespoons oil or melted butter

Directions:

1. Preheat oven 350°F. In a small bowl, combine crushed bran flakes with oil or melted butter.
 2. Combine remaining ingredients in a greased casserole dish. Top with bran flake mixture
 3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.
7. Make Bran Flake Crusted Chicken, Fish or Pork. * Oven-fried to cut down on added fats.

Ingredients:

1 lb. chicken pieces, fish filets or pork chops	1/8 teaspoon pepper
2 cups bran flakes, crushed	2 Tablespoons parmesan (optional)
5 Tablespoons flour (whole wheat if you have it)	1 egg or ½ cup low-fat yogurt
¼ teaspoon salt	2 Tablespoons low-fat or nonfat milk

Directions:

1. Preheat oven to 375° F (chicken/fish) or 350° F (pork). Place bran flakes in a plastic bag or food processor and crush to create crumbs. Remove skin from chicken, if using.
2. In a bowl, mix flour, salt, pepper, and parmesan (if using). In another bowl, lightly beat egg or yogurt and milk. In a third bowl, place bran flake crumbs.
3. Dip chicken/fish/pork in the flour mixture, then egg mixture, then bran flakes. Pat well to ensure the mixture adheres to the chicken/fish/pork. Place on a lightly greased baking pan.
4. Turning half-way through, bake for 20-25 minutes or until internal temperature reaches 145 °F (fish/pork) or 165° F (chicken). If using pork and bone-in chicken, adjust baking time to 35-40 minutes.

8. Make Chicken Patties. Serve on their own, on a top a bed of greens or on whole wheat buns.

Ingredients:

1-2 Tablespoons oil	1 small onion, finely chopped
2 (10-oz.) cans of chicken, drained	½ teaspoon garlic powder
1 ½ cups crushed bran flakes, crushed	¼ teaspoon salt
2 eggs	½ teaspoon pepper

Directions:

1. Place bran flakes in a plastic bag and crush as finely as possible to make fine crumbs.
2. In a large bowl, mix together chicken and bran flake crumbs.
3. In a separate bowl, whisk together egg, milk, onion, garlic powder, salt and pepper. Pour wet mixture into bowl with chicken and stir until well combined. Form into 8 patties, about ¼ cup each. You can choose to freeze patties at this time and thaw and cook later.
4. To cook, coat a large skillet with 1 Tablespoon of oil over medium heat. Add patties; if using a smaller skillet, cook in batches. Cook until well browned on both sides, flipping once.

9. Make Stuffed Cabbage Rolls for a rich & satisfying meal.

Ingredients:

12 cabbage leaves	2 teaspoons Italian seasoning (or 1 teaspoon each basil and oregano)
2 eggs, lightly beaten	½ teaspoon salt
1 lb. lean turkey, beef or pork	¼ teaspoon pepper
1 onion, chopped	1 cup bran flakes
2 cloves garlic, minced (or 1 tsp garlic powder)	
1 (15-oz.) can tomato sauce	

Directions:

1. Preheat oven to 350°F. Bring a pot of water to a boil. Grease a 13x9 inch baking dish.
2. Place the cabbage leaves in the boiling water and cook until softened, about 2-3 minutes. Drain and set aside.
3. In a medium skillet, brown meat, onion and garlic. Drain fat. Add bran flakes and eggs to the meat.
4. In a bowl, combine tomato sauce, dried herbs, salt and pepper. Add ¾ cup of the tomato sauce to the meat mixture.
5. Place ¼ cup of the meat mixture in the cooked cabbage leaf; roll up, tucking in ends completely to cover mixture. Place seam side down in the baking dish. Pour remaining tomato sauce over rolls.
6. Bake for 30-40 minutes or until hot. Serve warm.

10. Make Chocolate Peanut Butter Clusters for a kid-friendly dessert.

Ingredients

3 cups bran flakes	½ cup peanut butter
1 ½ cups chocolate chips	½ cup raisins or dried cranberries (optional)

Directions

1. Place cereal in a large bowl. Line a baking sheet with wax paper.
2. In a medium saucepan, melt chocolate chips and peanut butter over medium-low heat, stirring often. Pour chocolate mixture over cereal and stir to coat. Keep stirring until cereal is well coated.
3. Drop spoonfuls of the coated cereal onto the baking sheet, making 20-24 clusters. Let cool 1-2 hours.

11. Make Peach or Pear Crumble*. Top with low-fat vanilla flavored yogurt!

Ingredients:

2 (15-oz.) canned pears or peaches, drained & chopped	¼ teaspoon nutmeg (optional)
¾ cup brown sugar	1 ½ cup bran flakes, crushed
½ cup whole wheat flour	4 Tablespoons cold butter, cut into pieces
½ teaspoon ground cinnamon	Non-stick cooking spray

Directions:

1. Preheat oven to 350°F. Grease a 9x9-inch baking dish for non-stick cooking spray.
2. In a large bowl, toss together chopped peaches/pears with ¼ cup brown sugar, 1 Tablespoon flour, cinnamon and nutmeg (if using). Mix well. Pour into baking dish.
3. In a small bowl, mix remaining flour and brown sugar, bran flakes and butter. Mix with hands until crumbly. Sprinkle the bran mixture over the fruit mixture.
4. Bake uncovered for 30 minutes or until bubbly around the edges.

*Recipe from Share Our Strength's Cooking Matters™

