



Bran Flakes

Fortified-Ready to Eat Cereal

Bran flakes are a ready to eat cereal with no added sweeteners. They are made from whole grain wheat; they contain high fiber wheat bran. They are also low in calories and in fat. They are a good source of iron, vitamin A, vitamin C and fiber.

Nutrition Information

Bran flakes are a part of the grain group. Foods from the grain group provide our body with its number one source of energy.

Based on MyPyramid, 1 cup of bran flakes provides 1 ounce of grains from the grain group.

A typical person should aim to eat 6 ounces of grains every day. At least 3 ounces should be from whole grains, like bran flakes.



Storage

Store bran flakes at room temperature in a dry place. Unopened ready to eat cereals can be stored up to 4 months.

After opening, re-fold the inner wrap to help protect flavor and crispness.

Uses

- ✓ Top bran flakes with cold milk and fresh fruit for a nutritious breakfast.
- ✓ Add to meatballs and meat loaves to help keep meat moist.
- ✓ Bran flakes can be substituted in recipes calling for any variety of dry ready to eat cereal.
- ✓ One cup of bran flakes makes $\frac{1}{4}$ to $\frac{1}{3}$ cup of crumbs for recipes that call for crushed cereal or crumbs.

Know how. Know now.



Recipes



Low-Fat Banana Bread

12 servings

3 bananas, ripe	1 c. all-purpose flour
1 c. sugar	1 tsp. baking powder
1 egg	1 tsp. baking soda
1 tsp. vanilla	1 tsp. salt
1 c. crushed bran flakes*	

1. Preheat oven to 325°F. Generously grease a 9x5-inch loaf pan. Set aside.
2. In a medium sized mixing bowl, mash the bananas.
3. Beat in the sugar, egg, and vanilla until thoroughly mixed.
4. In a large mixing bowl, combine bran flakes, flour, baking powder, baking soda, and salt.
5. Add the liquid ingredients to the flour mixture, stirring just until the dry ingredients are moistened. Pour batter into prepared pan.
6. Bake for 50 to 60 minutes or until a knife inserted near the center comes out clean.

* 3½ cups bran flakes equal about 1 cup crushed bran flakes

Nutrition Information per Serving: Calories 160, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 20 mg (7% DV), Sodium 400 mg (17% DV), Total Carbohydrate 38 g (13% DV), Dietary Fiber 2 g (8% DV), Sugars 22 g, Protein 3 g, Vitamin A 6%, Vitamin C 4%, Calcium 2%, Iron 15%.

Recipe provided from the University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csf.htm>

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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