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Bob's Red Mill 039978113214

Bob's Red Mill Wheat Bran Instruction Manual

Model: 039978113214

1. Introduction to Bob's Red Mill Wheat Bran

Bob's Red Mill Wheat Bran is the fiber-rich outer layer of the wheat kernel. It is a versatile ingredient known for its nutty flavor and excellent source of dietary fiber, particularly insoluble fiber. This manual provides essential information for its proper use, storage, and integration into your diet.



Image: Front view of the Bob's Red Mill Wheat Bran 16oz package, showcasing the product and brand logo.

2. Key Features and Benefits

- **Good Source of Fiber:** Helps maintain digestive health and promotes a feeling of fullness.
- **Prebiotic Properties:** May support healthy gut bacteria and aid in digestion.
- **Versatile Ingredient:** Ideal for baking, cooking, and adding to various dishes.
- **Nutty Flavor:** Enhances the taste of baked goods and cereals.

3. Ingredients

This product contains **Wheat Bran**. Please note that statements regarding dietary supplements have not been

evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

4. Preparation and Usage

General Usage

Wheat bran can be incorporated into your diet in several ways:

- Add to hot cereals for added fiber and texture.
- Mix into baked goods such as muffins, quick breads, and cookies.
- Sprinkle over casseroles and cobblers before baking for a crunchy topping.
- Toast lightly before sprinkling over yogurt or smoothies for enhanced flavor.

Toasted Wheat Bran

Toasting wheat bran enhances its nutty flavor and crunchy texture. Set oven to 350°F (175°C). Pour wheat bran in a thin layer on a baking sheet and bake for approximately 5-10 minutes, stirring frequently, until lightly browned. Keep a close watch to prevent burning.

Molasses Bran Muffins Recipe

This recipe is provided on the product packaging for your convenience.



Image: Back of the Bob's Red Mill Wheat Bran package, showing nutrition facts and the Molasses Bran Muffins recipe.

Molasses Bran Muffins

Ingredients	Quantity
Bob's Red Mill Wheat Bran	1 cup
Bob's Red Mill Whole Wheat Flour	1 1/3 cups
Baking Soda	1 tsp
Baking Powder	1 tsp
Salt	1/2 tsp

Ingredients	Quantity
Buttermilk	1 cup
Brown Sugar	1/3 cup
Oil	1/3 cup
Egg	1 large
Vanilla Extract	1/2 tsp
Raisins (optional)	1/2 cup
Applesauce (optional)	1/2 cup
Molasses or Honey (optional)	1/2 cup
Oil (for greasing)	2 tbsp
Eggs, beaten (for greasing)	2

Directions:

1. Preheat oven to 375°F (190°C). Grease or line a 12-cup muffin tin.
2. Mix wheat bran and buttermilk. Let stand for 10 minutes.
3. Meanwhile, beat brown sugar, oil, egg, and vanilla together in a separate bowl. Stir into the buttermilk mixture.
4. Sift flour, baking soda, baking powder, and salt into the buttermilk mixture.
5. Spoon batter into muffin cups, filling each 2/3 full.
6. Bake for 15-20 minutes or until tops spring back when lightly touched.
7. Cool on a wire rack.

Makes 12 muffins.

5. Storage

Store in a cool, dry place. For best quality and extended freshness, it is recommended to refrigerate or freeze the wheat bran after opening.





Image: Top view of the Bob's Red Mill Wheat Bran package, highlighting the resealable feature for fresh storage.

6. Specifications

Attribute	Detail

Attribute	Detail
Product Dimensions	3 x 7 x 9 inches
Item Weight	1 Pound (16 oz)
Diet Type	Kosher
Container Type	Bag
Flavor	Whole Wheat
Serving Range	30-35 servings
Item Form	Powder
Specialty	Bake, Baking, Fiber, Nutrition, Smoothie
UPC	039978113214

7. Safety Information

Allergen Information

This product contains **Wheat**. It may also contain traces of Milk, Sesame Seeds, Soy, and Tree Nuts due to shared processing facilities. Individuals with allergies to these ingredients should exercise caution.

8. Product Videos

It Starts with Good Ingredients - Bob's Red Mill

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Video: An official video from Bob's Red Mill highlighting the importance of quality ingredients in baking and cooking.

MUST WATCH | Bob's Red Mill Wheat Bran

Your browser does not support the video tag.

Video: A product review and usage demonstration of Bob's Red Mill Wheat Bran by a seller.

9. Support and Contact

For more information, recipes, or support, please visit the official Bob's Red Mill website: www.bobsredmill.com



Image: Bottom view of the Bob's Red Mill Wheat Bran package, displaying the official website address.

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