

# Moma's Friend's Bran Muffins

*These freeze wonderfully well. Take one out and enjoy immediately.*

*Easy to eat on the way to work.*

*Makes 3-4 dozen*

## INGREDIENTS:

### *Cream together:*

½ cup Shortening (a natural version – e.g., "I can't believe it's not butter" )  
1 ½ cup Natural sugar or 1 cup honey

### *Add:*

2 Eggs, beaten

### *Combine and then add to mixture above:*

3 cups 100% bran cereal  
1 cup Boiling water

### *Combine and then add to mixture above:*

2 cups Buttermilk

### *Sift together and then add to mixture:*

2 ½ cups Whole wheat flour  
1 TBS Baking soda

## INSTRUCTIONS:

1. Preheat oven to 400.
2. Fill greased muffin tins or muffin paper cups 1/2-3/4 full
3. Bake 20 minutes.
4. TIP: batter can stand in glass container with lid for up to 6 weeks in refrigerator.

**ENJOY!**

*Les'a Cole*

**ANOTHER RECIPE IS ON NEXT PAGE**

Brunch Get-Togethers

## Best Bran Muffins

*Two kinds of bran cereal make a muffin with a new taste.*

**1/2 cup boiling water**  
**1 cup 100% bran cereal**  
**1 cup sugar**  
**1/4 pound butter or margarine, room temperature**  
**2 eggs**  
**2 cups buttermilk**  
**2 cups bran buds cereal**  
**3 cups all-purpose flour**  
**2-1/2 teaspoons baking soda**  
**1 teaspoon salt**  
**1 cup golden raisins, if desired**  
**Butter or margarine, if desired**

Preheat oven to 375F (190C). Grease 36 (2-1/2-inch) muffin cups; set aside. Pour boiling water over 100% bran cereal and set aside to cool. In a large bowl, cream sugar and the 1/4 pound butter or margarine. Add eggs 1 at a time, beating after each addition. Add buttermilk. Stir in soaked 100% bran cereal and bran buds cereal. In a separate bowl, sift flour, baking soda and salt. Stir into bran mixture. Stir in raisins, if desired. Spoon into prepared muffin cups, filling 3/4 full. Bake 20 minutes or until a wooden pick inserted in center comes out clean. Serve warm with butter or margarine, if desired. Cooled muffins may be frozen; see freezing table, Breads, page 8. Makes 36 muffins.