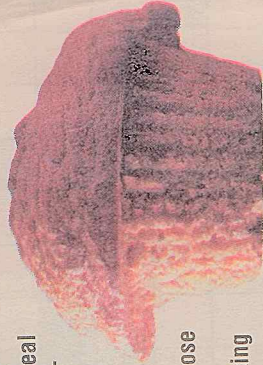


Bran muffins

- 1 cup (250 mL) boiling water
- 3 cups (750 mL) All-Bran cereal
- 1/2 cup (125 mL) butter, softened
- 3/4 cup (175 mL) sugar
- 2 eggs
- 2 cups (500 mL) buttermilk
- 2 1/2 cups (625 mL) all-purpose flour
- 2 1/2 teaspoons (12 mL) baking soda
- 1 1/2 teaspoons (7 mL) salt



Combine boiling water and 1 cup (250 mL) cereal. Let stand uncovered for 5 minutes.

Cream butter and sugar in a large mixing bowl until light and fluffy.

Beat in eggs. Stir in bran/water mixture and buttermilk.

Combine dry ingredients and gradually add to the batter. Stir in remaining bran cereal. Store batter covered in fridge for up to 1 month (see taste-tester note).

To bake, fill buttered muffin cups 2/3 full. Bake in preheated 400°F (200°C) oven for 20 to 22 minutes. Serve warm with butter.

Makes 24 muffins.

Taste-tester notes: I would not recommend storing the muffin batter for longer than 1 week due to the possibility of the buttermilk and raw eggs going bad. I added chopped dates to the batter. Or you can add raisins or nuts to the batter.

This recipe also can be halved.

TASTE TESTED



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