

6 WEEK BRAN MUFFINS

By: Rae Eddy

Cookbook: c:\users\public\documents\ffts\nyc590\user\...TRIED

1	cup	boiling water
1	cup	'ALL' BRAN cereal
1/2	cup	shortening or margarine; or 1/2 c. oil
1 1/2	cups	sugar; or 1/2 cup Splenda
2		eggs; beaten
1	pint	buttermilk
2 1/2	cups	all-purpose flour
2 1/2	teaspoon	soda
1/2	teaspoon	salt
2	tablespoon	molasses
2	cups	'All' Bran Cereal
2	Tblsp.	Ground Flax Seed

Add boiling water to bran breakfast food. Allow to cool.

buttermilk and molasses. Add to first mixture.

Fold in remaining bran breakfast food. Stirring only to moisten.

Can be stored in plastic containers in refrigerator up to 6 weeks.

spoon batter into greased muffin tins.

(When using Splenda lower the oven temperature to 400 degrees. If you have dark muffin pans also set the oven for 350 degrees and bake for 16 minutes.)

Cream shortening (or oil), sugar, eggs,

Stir in flour, soda, salt.

To use,

Bake at 425 degrees until done about 15-20 minutes.