

# All Bran Muffins

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

**Yield: 8 large or 12 small muffins**

*2 tablespoons shortening  
1/2 cup sugar  
1 egg, well beaten  
1 cup sour milk  
1 cup All-Bran® Cereal  
1 cup flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt*

Preheat the oven to 400 degrees.

In a bowl, cream the shortening and sugar. Add the eggs and sour milk. Add the bran. Let soak until the moisture is absorbed.

In a bowl, sift the flour, baking powder, baking soda and salt. Add to the bran mixture, stirring only until the flour disappears.

Fill greased muffin tins two-thirds full.

Bake for 20 to 25 minutes.

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Per Serving (excluding unknown items): 1303 Calories; 34g Fat (22.0% calories from fat); 27g Protein; 242g Carbohydrate; 23g Dietary Fiber; 212mg Cholesterol; 2378mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 6 Fat; 7 Other Carbohydrates.