

Bran Muffins II

Cookbook Committee

St Timothy's - Hale Schools - Raleigh, NC - 1976

*6 cups all-bran® Cereal
2 cups boiling water
1 cup shortening
3 cups sugar
4 eggs, beaten
1 quart buttermilk
5 cups unsifted flour
5 teaspoons baking soda
2 teaspoons salt*

Place two cups of bran in a bowl. Pour boiling water over the top.

In a bowl, mix the shortening and four cups of bran with the sugar, eggs and milk.

In a bowl, sift the flour, baking soda and salt. Add to the bran mixture. Add the bran and water mixture. Mix well.

Cover and store in the refrigerator for up to six weeks.

Bake at 400 degrees for 20 minutes in muffin tins.

Per Serving (excluding unknown items): 8052 Calories; 251g Fat (26.5% calories from fat); 166g Protein; 1398g Carbohydrate; 133g Dietary Fiber; 882mg Cholesterol; 12628mg Sodium. Exchanges: 49 1/2 Grain(Starch); 3 Lean Meat; 4 Non-Fat Milk; 45 1/2 Fat; 40 Other Carbohydrates.