

Buttermilk Bran Muffins

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Yield: 6 dozen muffins

*2 cups boiling water
2 cups 100% Bran® cereal
1 cup Crisco
2 cups brown sugar
1 cup white sugar
4 eggs, beaten
1 quart buttermilk
5 cups flour
5 teaspoons baking soda
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon vanilla
4 cups All-Bran® Cereal
(rolled not flakes)*

Preparation Time: 45 minutes

Bake Time: 20 minutes

In a very large six-quart bowl, pour two cups of boiling water over the two cups of Bran Flakes. Let stand.

In a bowl, cream the Crisco, brown sugar and white sugar. Add the eggs. Mix well. Add the buttermilk. Mix well.

In a bowl, sift together the flour, baking soda, baking powder and salt. Add to the batter mixture. Add the vanilla. Add the All Bran and mix. Add the Bran Flakes that have been soaked in the boiling water. Stir together.

When muffins are desired, grease the muffin tins. Fill the muffin cups 2/3 full. Bake at 400 degrees for 20 minutes.

Best served with raspberry or strawberry jam.

This mixture should be placed in quart jars or plastic juice containers. It will make four and one-half quarts. Store in the refrigerator in covered jars. It will keep for up to eight weeks. Whenever you wish to use some, just bake whatever quantity of muffins that you desire.

For a variety of muffins, dates or raisins may be added to the amount of dough you will be using.

Per Serving (excluding unknown items): 4430 Calories; 41g Fat (8.1% calories from fat); 139g Protein; 907g Carbohydrate; 57g Dietary Fiber; 882mg Cholesterol; 11762mg Sodium. Exchanges: 35 1/2 Grain(Starch); 3 Lean Meat; 4 Non-Fat Milk; 2 1/2 Fat; 18 1/2 Other Carbohydrates.