

Cereal Muffins

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Yield: 24 muffins

*1 cup All Bran
1 cup uncooked quick oats
1 cup Shredded Wheat, bite-size squares, crushed
2 1/2 cups flour
1/2 teaspoon salt
2 1/2 teaspoons baking soda
1 pint buttermilk
1 1/2 cups sugar
1/2 cup butter
2 eggs*

Preheat the oven to 400 degrees.

In a bowl, mix the cereal. Let stand.

In a bowl, sift and mix the flour, salt and baking soda.

In a bowl, cream the sugar and butter together. Add the eggs and beat. Add the cereal mixture and mix well. Add the milk and flour alternately. Stir lightly.

Pour the dough into greased muffin tins.

Bake about 15 minutes until light brown.

(The dough will keep in the refrigerator for a while.)

Per Serving (excluding unknown items): 3458 Calories; 109g Fat (28.2% calories from fat); 62g Protein; 562g Carbohydrate; 9g Dietary Fiber; 689mg Cholesterol; 5812mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 Non-Fat Milk; 19 1/2 Fat; 20 Other Carbohydrates.