

Eleanors Health Muffins

*Dorothy Baker - Jacksonville, FL
Treasure Classics - National LP Gas Association - 1985*

Yield: 4 to 5 dozen small muffins

*2/3 cup shortening or margarine
1 cup sugar
2 eggs
1 cup bran cereal
2 tablespoons grated orange rind
1 cup orange juice
1 cup grated carrot
1/2 cup milk
2 1/2 cups flour
4 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt*

Preparation Time: 15 minutes

Bake Time: 25 minutes

In a bowl, cream the shortening and sugar. Add the eggs. Beat well. Stir in the bran, orange rind, orange juice, carrot and milk.

In a bowl, stir the flour with the baking powder, baking soda and salt. Add to the shortening mixture. Stir only until the flour disappears.

Fill well greased small muffin tins half full.

Bake at 350 degrees for 20 to 25 minutes.

(The muffins may be frozen. Reheat for 10 to 15 minutes.)

When orange juice concentrate is used, dilute 1/2 strength for more orange flavor.

Per Serving (excluding unknown items): 2320 Calories; 18g Fat (6.9% calories from fat); 52g Protein; 490g Carbohydrate; 14g Dietary Fiber; 441mg Cholesterol; 3366mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 2 Fruit; 1/2 Non-Fat Milk; 1 1/2 Fat; 13 1/2 Other Carbohydrates.