

Rich Bran Muffins

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Silverdale Chamber Of Commerce Favorite Recipes - 1991

*2 cups Kellogg's All-Bran
1 cup Nabisco bran
1 cup raisins
1 cup boiling water
1 1/2 cups sugar
1/2 cup oil
2 eggs
2 cups buttermilk
2 1/3 cups whole wheat or
white flour
1/2 teaspoon salt
2 1/2 teaspoons baking
soda*

Preheat the oven to 400 degrees.

In a bowl, pour the boiling water over the All-Bran, Nabisco bran and raisins. Allow to set for 5 minutes.

In a bowl, mix together the sugar, oil, eggs and buttermilk. Add the flour, salt and baking soda. Add the bran mixture to the flour mixture. Mix well.

Transfer the batter to the cups in a muffin tin.

Bake for 15 to 20 minutes.

Per Serving (excluding unknown items): 2906 Calories; 124g Fat (37.1% calories from fat); 33g Protein; 439g Carbohydrate; 6g Dietary Fiber; 441mg Cholesterol; 4894mg Sodium. Exchanges: 1 1/2 Lean Meat; 7 1/2 Fruit; 2 Non-Fat Milk; 23 Fat; 20 Other Carbohydrates.