

# Six Week Muffins

Sharon McFarland

Silverdale Chamber Of Commerce Favorite Recipes - 1991

3 cups water  
1/2 cup wheat germ  
1 pound chopped dates  
1 1/2 cups raisins  
5 teaspoons baking soda  
1 cup shortening  
2 cups sugar  
4 eggs  
4 cups 40% Bran Flakes®  
2 cups All-Bran® Cereal  
5 cups flour  
1 tablespoon salt  
3 tablespoons baking powder  
1 quart buttermilk

Preheat the oven to 350 degrees.

In a saucepan, boil the water. While still very hot, add the wheat germ, chopped dates and raisins. Add the baking soda. Let cool.

In a bowl, cream together the shortening, sugar and eggs, one at a time. Beat until fluffy. Mix into the cooled mixture.

In a bowl, mix the 40% Bran Flakes and All-Bran.

In a bowl, combine the flour, salt, baking powder and buttermilk. Add alternately with the Bran mixture to the creamed mixture.

Turn the batter into a greased muffin pan.

Bake for 20 minutes.

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Per Serving (excluding unknown items): 9279 Calories; 254g Fat (23.4% calories from fat); 184g Protein; 1686g Carbohydrate; 138g Dietary Fiber; 882mg Cholesterol; 20165mg Sodium. Exchanges: 47 Grain(Starch); 3 Lean Meat; 33 1/2 Fruit; 4 Non-Fat Milk; 44 1/2 Fat; 27 1/2 Other Carbohydrates.