

# Variations For Bran Muffins

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*1 cup flour  
1/4 teaspoon salt  
1 1/2 teaspoons baking powder  
1 tablespoon sugar  
1/2 cup milk  
1 egg, beaten*

## VARIATIONS

\*\*\* Substitute 3/4 cup of Graham flour for one cup of pastry flour.

\*\*\* Substitute 1/2 cup of All-Bran for 1/4 cup of pastry flour.

\*\*\* Put preserved fruit in the center of the muffins before baking.

\*\*\* Add 1/4 cup of chopped dates, raisins or prunes.

\*\*\* Add 1/4 cup of grated cheese instead of fat.

\*\*\* Add 1/2 cup of corn meal instead of 1/2 cup of flour.

\*\*\* Add one tablespoon of molasses instead of one tablespoon of sugar.

\*\*\* Add two slices of diced fried bacon instead of fat.

---

Per Serving (excluding unknown items): 656 Calories; 10g Fat (14.3% calories from fat); 23g Protein; 116g Carbohydrate; 4g Dietary Fiber; 229mg Cholesterol; 1397mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.