

Bran Muffins

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

*1 egg, beaten
1 1/2 cups bran
1 cup flour
2 tablespoons sugar
1 cup sour cream
1 teaspoon baking soda
1 or 2 tablespoons
molasses*

Preheat the oven to 400 degrees.

In a bowl, mix the sour cream with the baking soda. Add the sugar, beaten egg and molasses. Then add the bran and flour.

Mix well. Place the batter into muffin cups.

Bake until brown.

Per Serving (excluding unknown items): 2179 Calories; 58g Fat (22.5% calories from fat); 40g Protein; 412g Carbohydrate; 41g Dietary Fiber; 314mg Cholesterol; 1577mg Sodium. Exchanges: 10 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 11 Fat; 16 1/2 Other Carbohydrates.