

Extra Fibre Bran Muffins

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Ingredients / Ingrédients

- 5 cups flour
- 2 cups All-Bran cereal
- 1 litre buttermilk
- 3 tbsp baking soda
- 1 ½ cups Crisco oil
- 1 ½ cups white sugar
- 3 cups Quaker whole wheat bran
- 4 eggs (beat each one separately)
- ½ cups molasses
- 2 cups raisin or dates (optional)

Instructions

- Mix dry ingredients in very large bowl. Pour buttermilk into another large bowl.
- Add baking soda, oil, molasses and eggs to the wet mixtures.
- Add all other ingredients to dry ingredients; mix well.
- Bake at 350 degrees for 20 minutes. Grease muffin tins or use paper liners. Store unused batter covered in refrigerator. Keeps 4 to 6 weeks.
- YIELD: two and a half dozen muffins.

My favourite food memory:

I remember when my mom made these so good muffins. She said to the children: "Run to the kitchen the muffins are ready...Hmmm then keep running!..."