

## Buttermilk Bran Muffins

### A Bountiful Kitchen

1/4 cup vegetable or canola oil  
1 1/2 cups All Bran cereal  
1 cup buttermilk  
2 eggs, beaten  
3/4 cups raisins  
2 tablespoons molasses  
1/4 cup dark or light brown sugar, packed  
1 teaspoon vanilla  
3/4 cup whole wheat flour  
1/2 cup white flour  
1 teaspoon soda  
1 teaspoon baking powder  
1/2 teaspoon cinnamon  
1/4 teaspoon salt

Wheat Bran or Wheat Germ for sprinkling on top (optional)

Preheat oven to 400 degrees. Grease a twelve muffin cups.

In a large bowl, combine oil, All Bran cereal and buttermilk. Let sit for about 5 minutes.

Add eggs, raisins, molasses, brown sugar and vanilla. Stir just until ingredients are incorporated.

Add to the large bowl: wheat and white flours, baking soda, baking powder, cinnamon and salt. Fold into the wet ingredients.

Scoop batter into greased muffin cups. Fill all cups evenly, as full as possible. Sprinkle with wheat bran or wheat germ.

Bake at 400 on center rack for about 15-18 minutes, or until muffin springs back when touched lightly.

Tips:

-This recipe freezes well. Bake as directed and let cool completely. When cooled, wrap individually, freeze for easy take and eat while at school, work, etc. Or place in one large Ziplock bag in the freezer.

To thaw quickly, place on a paper towel, and microwave for about 30 seconds.