

Bran Muffins II

Makes: 10 Muffins

Ingredients

1/2 cup flour, all-purpose
3/4 cup flour, whole wheat
1/4 teaspoon salt
1/2 cup sugar
1 3/4 cups bran flake cereal with raisins
1 egg
1 cup buttermilk
2 tablespoons vegetable oil

Directions

- 1) Preheat oven to 425°F. Spray or grease the bottoms of a muffin tin.
- 2) Put flour in a large bowl. Add salt, baking soda, and sugar. Mix well.
- 3) Stir in the bran flake cereal. Mix well.
- 4) Make a well in the center of mixture and set aside.
- 5) In another bowl, beat the egg, buttermilk, and oil together.
- 6) Pour the egg mixture into the well of the cereal mixture and stir until all ingredients are moist. Do not over mix.

7) Fill the tins $\frac{2}{3}$ full.

8) Bake for 15-20 minutes or until golden brown.

9) If not eaten right away, wrap the baked muffins in foil or a plastic bag and store in the freezer. Thaw for 15 seconds in the microwave or overnight in the refrigerator.

Notes

- Substitute for buttermilk: add 1 Tablespoon vinegar or lemon juice to 1 cup milk.