

Bran Muffins

Rating: ★★

Makes: 30 servings

Ingredients

- 5 cups flour
- 2 teaspoons salt
- 2 teaspoons baking soda
- 3 cups sugar
- 8 cups raisin bran (about 15 oz)
- 4 egg (beaten)
- 4 cups buttermilk
- 1 cup oil
vegetable oil spray (or oil)

Directions

1. Measure flour into 1 gallon container.
2. Add salt, soda, sugar and raisin bran to the flour and mix well with spoon.
3. With a spoon make a "well" in the center of the dry ingredients.
4. In the medium size bowl, beat the eggs with a fork until whites and yolk are evenly blended.
5. Add milk and oil to eggs. Beat with fork.
6. Add liquid to dry ingredients. Stir until dry ingredients are moistened (mixture will be lumpy).
7. Lightly oil the bottoms of the paper cups in the muffin pan (or use muffin cups). Fill the muffin cups to 3/4 full.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	298	
Total Fat	9 g	14%
Protein	6 g	
Carbohydrates	52 g	17%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	388 mg	16%

MyPlate Food Groups

Grains	1 1/2 ounces
Dairy	1/4 cup

8. Bake at 425 degrees for 15-20 minutes. After baking the muffins can be frozen for future use.

Ohio State University Cooperative Extension, Quick and Healthy Meals
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