

# Bran Muffins III

Jean Andrzyewski

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

**Yield: 12 muffins**

*1 1/4 cups flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
1/2 cup sugar  
1 1/2 cups All-Bran® Cereal  
1 1/4 cups milk  
1 egg  
1/3 cup shortening or salad oil*

Preheat the oven to 400 degrees. Grease twelve 2-1/2 inch muffin cups or use paper liners.

In a bowl, stir together the flour, baking powder, salt and sugar. Set aside.

In a mixing bowl, combine the cereal and milk. Stir. Let stand for 1 to 2 minutes to soften the cereal. Add the egg and oil. Beat well.

Add the flour mixture and stir just until all the mixture is moistened. The batter will be lumpy.

Spoon the batter evenly into the prepared cups.

Bake about 25 minutes or until golden.

Remove from the pan and serve hot.

(VARIATIONS: Before baking, lightly press one of the following into the batter: one teaspoon of jam, a piece of dried fruit, a walnut or pecan half, or sprinkle with a mixture of cinnamon and sugar.)

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Per Serving (excluding unknown items): 1462 Calories; 19g Fat (11.2% calories from fat); 43g Protein; 305g Carbohydrate; 34g Dietary Fiber; 253mg Cholesterol; 2935mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 3 Fat; 7 Other Carbohydrates.