
Date Nut Refrigerator Bran Muffins

Mariette Bissonnette

Nettles Island Cooking in Paradise - 2014

6 cups shredded wheat bran cereal

2 1/2 cups sugar

4 large eggs, beaten

9 ounces salad oil

4 cups buttermilk

5 cups unsifted all-purpose flour

5 tablespoons baking soda

1 tablespoon salt

2 cups chopped dates

2 cups chopped walnuts

In a medium bowl, pour two cups of boiling water over two cups of the cereals. Cool.

In a large bowl, blend the sugar with the salad oil. Add the buttermilk and stir in the remaining cereal.

In a bowl, combine the flour, baking soda and salt. Stir into the cereal mixture. Fold in the dates and nuts. (The batter can be baked immediately or refrigerated in a covered container for up to one month.)

To bake: line the muffin cups with paper liners. Spoon batter into the cups. Allow the batter to stand in the cups while the oven heats at 375 degrees.

Bake the ovens for 40 minutes or until a toothpick inserted comes out clean.

Breads, Muffins

Per Serving (excluding unknown items): 7379 Calories; 427g Fat (49.9% calories from fat); 125g Protein; 840g Carbohydrate; 39g Dietary Fiber; 882mg Cholesterol; 26600mg Sodium. Exchanges: 2 Grain(Starch); 11 Lean Meat; 17 1/2 Fruit; 4 Non-Fat Milk; 77 1/2 Fat; 33 1/2 Other Carbohydrates.