

Helens Refrigerated Muffins

Cookbook Committee

St Timothy's - Hale Schools - Raleigh, NC - 1976

*2 cups boiling water
1 cup melted shortening or
oil
2 cups sugar
5 cups all-purpose flour
2 cups wheat germ
1 teaspoon salt
2 cups broken pecan meats
5 teaspoons baking soda
4 eggs, beaten
2 cups all-bran® Cereal
2 cups 40% Bran Flakes®
2 cups raisins or chopped
dates
1 quart buttermilk*

Add the boiling water to the baking soda. Then add the melted shortening. Cool to lukewarm.

Add the sugar. Beat.

In a bowl, combine the flour, All-Bran, 40% Bran Flakes, Wheat Germ, salt, raisins, and nuts. Pour the lukewarm mixture over the top of the mixture. Add the buttermilk. Stir to moisten (do not beat).

Store, covered, in the refrigerator (The batter gets thick, so it must be dipped out). (The batter can be stored in the refrigerator for up to six weeks.)

When ready to bake, fill greased muffin pans 2/3 full.

Bake at 375 degrees for about 20 minutes.

(Reheat in a brown paper bag - sprinkled with water lightly, 5 minutes at 400 degrees. They are best served immediately out of the oven.)

Per Serving (excluding unknown items): 5912 Calories; 62g Fat (9.0% calories from fat); 199g Protein; 1197g Carbohydrate; 101g Dietary Fiber; 882mg Cholesterol; 10761mg Sodium. Exchanges: 49 Grain(Starch); 3 Lean Meat; 4 Non-Fat Milk; 3 1/2 Fat; 27 Other Carbohydrates.