
Muncho Muffins

Home Cookin - Junior League of Wichita Falls, TX - 1976

2 cups sugar
5 cups flour
2 teaspoons salt
4 teaspoons baking soda
4 eggs, slightly beaten
1 quart buttermilk
1 cup butter, melted
1 box (15 ounce) raisin bran

Put the buttermilk and raisin bran in a bowl. Let stand.

Sift the sugar, flour, salt and the baking soda together in a very large bowl.

Add the eggs, melted butter and the buttermilk-bran mixture. Stir well.

Bake in well-greased muffin tins at 400 degrees for 20 minutes.

(If well covered, may be kept in the refrigerator for up to nine weeks. For a variation of blueberry muffins: Use three cups of sugar and bran flakes instead of raisin bran and fold in one can ,8 ounce, of blueberries.)

Yield: 72 muffins

Breads, Muffins

Per Serving (excluding unknown items): 6256 Calories; 219g Fat (31.3% calories from fat); 128g Protein; 953g Carbohydrate; 22g Dietary Fiber; 1379mg Cholesterol; 12764mg Sodium. Exchanges: 32 1/2 Grain(Starch); 3 Lean Meat; 1/2 Fruit; 4 Non-Fat Milk; 39 1/2 Fat; 27 Other Carbohydrates.