

Refrigerator Bran Muffins

Author: Mary Wilfert, a San Diego friend from the 1960's

Carolyn T's
Cookbook

Servings: 30



3 cups Raisin bran, cereal
1 cup boiling water
2 whole eggs, lightly beaten
2 cups buttermilk
1/2 cup vegetable oil
2 1/2 teaspoons baking soda
1/2 teaspoon salt
1 cup sugar
2 1/2 cups flour
1 tablespoon sugar, sprinkled on top of batter

Categories: Breads, Brunch/Breakfast

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 124 Calories; 4g Fat (30.5% calories from fat); 3g Protein; 20g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 199mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Notes: This whole mixture will keep in the refrigerator for several weeks if you want to bake these fresh in the morning. You can add other dried fruits to the batter, including crystallized ginger, which would be very nice. This is not an overly sweet muffin, so you can also add more sugar if you prefer a sweeter version. Because I later decided to add more sugar to the batter, I stirred in some sugar just before baking them one morning, and liked the caramelization I got on the outside of the muffins. A nice touch, I thought.

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

1. Preheat oven to 425°.
2. In a large bowl mix bran cereal with boiling water, stirring to moisten evenly. Allow to cool, then mix in eggs, buttermilk, oil and stir well. Stir together (separately) the soda, salt, sugar and flour, then stir into the bran mixture.
3. Bake in muffin tins for 20 minutes.