

Refrigerator Raisin Bran Muffins

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



Preparation Time: 20 minutes

Notes: This whole mixture will keep in the refrigerator for at least a week if you want to bake them fresh in the morning. They're really quite low in calories and fat. If you like cinnamon, add 1/2 tsp to the flour mixture.

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.

3. Stir together (separately) the soda, salt, sugar and flour, then stir into the bran mixture along with the added golden raisins. If using walnuts, add some to the batter.

4. Spoon batter into muffin tins, filling it nearly to the top. Sprinkle the optional nuts on top. Bake for 20 minutes. Makes 2 1/2 dozen.

3 cups raisin bran, cereal (Kellogg's brand only)

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

1/2 cup golden raisins, optional

1/2 cup walnuts, minced

Per Serving (excluding unknown items): 144 Calories; 5g Fat (33.3% calories from fat); 3g Protein; 22g 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.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>