

BRAN MUFFINS (refrigerator)

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe Loaf Pan with cover.

Wire Whip

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

3 cups bran 750 ml

1 cup boiling water 250 ml

1/2 cup vegetable oil 125 ml

1/2 cup molasses 125 ml

1/2 cup sugar 125 ml

2 eggs 2

2 cups buttermilk 500 ml

2 1/2 cups whole wheat flour 625 ml

1 tbsp baking soda 15 ml

1/2 tsp salt 2 ml

1 1/2 cups raisins, optional 375 ml

Procedure:

1. Prepare batter the night before use.
2. Put bran in a large bowl and cover with boiling water.
3. In a separate bowl combine oil, molasses, sugar and eggs.
4. Beat well. Add buttermilk to bran.
5. Add remaining dry ingredients.
6. Add liquid ingredients and stir until just combined.
7. Cover tightly and refrigerate.
8. Line or grease a 6-cup muffin pan.
9. Fill cups to 2/3 full. Cook at **P4** 3 minutes and **P7** 2 minutes, or until cake tester comes out clean.
10. For one muffin, cook at **P4** 45 - 55 seconds.
11. Batter will keep refrigerated for two weeks, or frozen for two months.

Makes: 2 dozen

Chefs Tip:

Breads are funny – always make sure to insert a toothpick or clean wooden skewer to make sure they're done.