All Bran Muffins

- Ingredients –

  1c. boiling water
  1c. 100% bran cereal
  1 ½ c. sugar
  ½ tsp. salt
  ½ c. shortening
  2 beaten eggs
  1 pint buttermilk
  2c. 40% bran flakes
  2 ½ c. flour
  2 ½ tsp. baking soda

- Directions –

  1.) Preheat oven to 350
  2.) Line cupcake tin with liners
  3.) Pour the boiling water over the bran cereal, let cool.
  4.) Cream together the sugar, salt & shortening
  5.) Add in the eggs, buttermilk, bran flakes, flour & baking soda
  6.) Next fold in the water/bran cereal mixture
  7.) Fill each cupcake liners half full
  8.) Bake for 30 minutes
  9.) Bran muffin mixture can be stored in the refrigerator for up to 6 weeks.

Garrett Rice
Angelina County 4-H
Intermediate
Grains