**BRAN MUFFINS**

**Ingredients:**

1/2 c. boiling water

1/2 c. All Bran Cereal

1 ¼ tsp. baking soda

1/4 tsp. salt

1 ¼ c. flour

1/2 c. sugar

1/4 c. oil

1 c. buttermilk

1 egg

1 c. Bran Flakes Cereal

12 papered baking cups

**Directions:**

1. Preheat oven to 400°.
2. Line muffin tin with papered baking cups.
3. Bowl # 1: Pour boiling water over the All Bran Cereal and let stand.
4. Bowl # 2: Mix baking soda, salt, and flour together.
5. Bowl # 3: Cream oil and sugar.
6. Add buttermilk, eggs and hot bran to bowl # 3.
7. Combine all ingredients (all bowls 1-3) together, including the Bran Flakes Cereal.
8. Mix only until moistened.
9. Fill baking cups 2/3 full.
10. Makes 10-12 muffins.
11. Bake for 20 minutes.
12. Remove from oven and allow to cool for 5 minutes in the tin then transfer the muffins to the cooling rack.
13. Allow the teacher to evaluate your finished product.
14. Bring baked muffins over to supply table to share.