



RAISIN BRAN MUFFINS

PREP TIME: 15 MINUTES

COOK TIME: 20 MINUTES

MAKES: 18-24 MUFFINS

- 4 cups organic raisin bran cereal
- 2 cups buttermilk
- 1 cup sugar
- 2½ cups flour
- 2 t baking soda
- ¾ t salt
- ¼ t cinnamon
- 2 eggs
- ½ vegetable oil (we used sunflower)
- ¼ cup raisins

1. Preheat oven to 350°F. Lightly spray or wipe muffin pans with oil or use paper liners.
2. In a large bowl, combine cereal, buttermilk and sugar; mix well.
3. In a medium bowl, combine flour, baking soda, salt and cinnamon; mix well.
4. In a small bowl, whisk together eggs and oil. Add egg mixture to cereal mixture and stir. Then add flour mixture and raisins, blending with a wooden spoon for only about 15 strokes. Do not overmix..
5. Fill muffin cups ⅔ full and bake for 20 minutes.

*You can store any leftover batter in an airtight container in the fridge for 3-4 weeks. Just take it out and use what you need when you want to make muffins.



BRAN CEREAL MUFFINS

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

MAKES: 12 MUFFINS

- 2½ cups organic bran cereal
- 1¾ cups buttermilk
- 1 cup sugar
- 1½ cups flour
- 1½ t baking powder
- ¼ t salt
- 1 egg
- ¼ cup vegetable oil (we used sunflower)

1. Preheat oven to 400°F. Lightly spray or wipe muffin pans with oil or use paper liners.
2. In a large bowl, combine cereal, buttermilk and sugar; mix well.
3. In a medium bowl, combine flour, baking powder and salt; mix well.
4. In a small bowl, whisk together eggs and oil. Add egg mixture to cereal mixture and stir. Then add flour mixture, blending with a wooden spoon for only about 15 strokes. Do not overmix.
5. Fill muffin cups $\frac{2}{3}$ full and bake for 20 minutes.