

Brain Buttermilk Muffins
From the kitchen of...

$\frac{1}{2}$ c whole bran

2 T. molasses

$\frac{1}{2}$ c boiling water

2 T. honey

2 teas orange peel

1 c buttermilk

1 beaten egg

1 c whole bran (unprocessed)

$\frac{1}{4}$ c oil

$\frac{1}{2}$ c raisins

$1\frac{1}{4}$ c wh wh flour

$\frac{1}{4}$ teas salt

1 teas gr cinnamon

$\frac{3}{4}$ teas @ baking soda + bak powder



In med bowl

Combine $\frac{1}{2}$ c bran; boiling water + orange peel. Let stand 5 min. In large mixing bowl combine egg, oil, molasses + honey; mix till blended. Add buttermilk; mix well. Add the 1 c bran, the bran-water mixture + raisins. Stir together the whole wheat flour, cinnamon, b. soda, bak pow, + $\frac{1}{4}$ tsp salt. Add the dry ingred. to the bran mixture; stir just till blended. Spoon batter into greased muffin cups filling them $\frac{3}{4}$ full. Bake 18-20 min @ 375°. Makes 15.

Better Homes + Gardens 4/81