



## Buttermilk Bran Muffins

### INGREDIENTS

3 eggs

3/4 cup vegetable oil

1/4 cup molasses

1/2 cup brown sugar

2 cups buttermilk

1 teaspoon vanilla

2 1/4 cups wheat bran

1 cup raisins

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1 cup flour

1 cup whole wheat flour

2 teaspoons baking powder

2 teaspoons baking soda

1 teaspoon cinnamon

1/2 cup walnuts, chopped

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### DIRECTIONS

- In a large bowl, combine eggs, vegetable oil, molasses, brown sugar, vanilla, buttermilk, wheat bran, and raisins. In a separate bowl, sift together flour, baking powder, baking soda, and cinnamon. Add walnuts. Fold together wet ingredients and dry ingredients until just mixed. Using muffin liners, spoon batter into muffin pans.

- Bake at 400 degrees for about 20 minutes. Remove from pans and cool. Makes 18 to 24 muffins depending on size.

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