



Honey Raisin Oat Bran Muffins

INGREDIENTS

3 eggs
3/4 cup vegetable oil
1/4 cup honey
1/2 cup brown sugar
2 cups buttermilk
1 teaspoon vanilla
2 1/4 cups oat bran
1 cup raisins

1 1/2 cup flour
1/2 cup oat flour
2 teaspoons baking powder
2 teaspoons baking soda
1 teaspoon cinnamon
1/2 cup walnuts, chopped

DIRECTIONS

1. In a large bowl, combine eggs, vegetable oil, honey, brown sugar, vanilla, buttermilk, oat bran, and raisins. In a separate bowl, sift together flour, oat flour, baking powder, baking soda, and cinnamon. Add walnuts. Fold together wet ingredients and dry ingredients until just mixed. Grease muffin pans. Spoon batter into muffin pans.
2. Bake at 350 degrees for about 12 to 15 minutes. Remove from pans and cool. Makes 30

standard size muffins.

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