

BEST BRAN MUFFINS

1 cup whole wheat flour (soft wheat works best)
1 tsp. baking soda
1/2 tsp salt
1 1/2 cups bran (I sift it out of the flour I have milled)
3 Tbsp. butter or oil
2 Tbsp. brown sugar (could used honey or light molasses)
2 Tbsp. Molasses
1 egg
1 1/2 cup buttermilk

Preheat oven to 375 degrees F.

Sift flour, soda, salt and stir into bran. In the Bosch bowl equipped with the cookie whisks, beat butter, oil, and sugar and molasses together, and add egg and buttermilk. Mix dry ingredients into liquids by jogging the Bosch on the "M" switch until just mixed. Place in the pan or pans you have prepared by greasing the muffins holes and fill each hole about 3/4 full with the batter. Bake muffins 15 to 20 min; the loaf about 1/2 hour.

Variation: If you like raisins or currants in your bran muffins, don't be shy about stirring 1/2 cup of either into the batter.

HEALTHYKITCHENS.COM