

From our kitchen to yours



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Big Batch Bran Muffins

Courtesy of Suzanne Stark, Post Cereals

PREP TIME: 10 min COOK TIME: 20 min TOTAL TIME: 30 min YIELDS: 4 servings

Ingredients:

5 cups	all-purpose flour	1 tbsp	cinnamon
5 1/2 cups	100% bran cereal	4 cups	buttermilk or sour milk (see tip below)
2 cups	packed brown sugar	1 cup	vegetable oil
1 cup	chopped dates or raisins	4	eggs
1 tbsp	baking soda		

Directions:

Preheat oven to 375° F (190° C)

Have ready - two 12 cup muffin tins, greased or paper-lined

In a large bowl, combine flour, cereal, brown sugar, dates, baking soda and cinnamon.

In another large bowl, mix together buttermilk, oil and eggs. Stir into dry ingredients and mix until moistened.

Spoon batter into muffin cups, generously filling to the top. Bake in preheated oven for 25 to 30 minutes or until golden brown. Cool in pans for 5 minutes; remove muffins. Cool on a wire rack. Store in airtight containers; freeze, if desired.

** TIP: Sour milk can be used instead of buttermilk. To prepare, combine 3 tbsp lemon juice or white vinegar with 4 cups milk and let stand for 5 minutes.*

