

Bran Muffins (Margaret Sandmann Henderson)

INGREDIENTS:

- 1 cup flour
- 1/2 cup sugar
- 2-1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

- 1-1/4 cups bran
- 1 cup milk
- 1 egg
- 4 tablespoons oil
- 1/2 heaping cup raisins
- 6 heaping teaspoons applesauce
- 6 teaspoons chopped nuts

PREPARATION:

1. Heat oven to 350°F. Combine flour, sugar, baking powder, baking soda, and salt.
2. Soak bran in milk for 5 minutes.
3. To bran and milk mixture, add egg, oil, raisins, and applesauce. Stir well.
4. Add flour mixture and stir ONLY until flour disappears.
5. Ladle into Pam-spryaed 12-cup muffin pan. Sprinkle each muffin with 1/2 tsp. chopped nuts. Bake for 15 minutes. Do not overbake.