

Best Bran Muffins

from *The Laurel's Kitchen Bread Book*

Ingredients

1 c. whole wheat flour
1 t. baking soda
½ t. salt
1½ c. bran (wheat or oat)

3 T. butter or oil
2 T. brown sugar
2 T. molasses (or no molasses and 4 T. total brown sugar)
1 egg
1½ c. buttermilk
½ c. raisins

Directions

Preheat oven to 375°. Grease muffin pan.

Sift flour, soda, and salt together, and stir in the bran. Beat butter or oil and sugar and molasses together, and add egg and buttermilk. Mix dry ingredients into liquids. Place in the pan or pans you have prepared, filling muffin tins about three-quarters full. Bake muffins 15 to 20 minutes.

Note: We also love them with blueberries instead of raisins, and whichever we use, we use at least ¾ c. Also, I've never sifted the dry ingredients, and I do all the mixing by hand with a spoon and whisk. They've always turned out fine.