

REFRIGERATOR BRAN MUFFINS

For muffins anytime! This microwave adaptation of a conventional favorite is a real time saver and tasty too!

YIELD: 24 LARGE MUFFINS

UTENSILS: MINICAKER OR MINI STEAM 'N' POACH SET

1 cup	boiling water	250 ml
1 cup	All Bran cereal	250 ml
½ cup	shortening	125 ml
1 cup	brown sugar	250 ml
2	eggs	2
2 cups	buttermilk	500 ml
2½ cups	flour	625 ml
1 Tbsp	baking soda	15 ml
1½ tsp	salt	7 ml
2 cups	bran flakes	500 ml
1 cup	raisins	250 ml
¾ cup	molasses	175 ml

METHOD:

1. Pour boiling water over All Bran and let stand.
2. In a large bowl or Simmer Pot, cream shortening and sugar.
3. Beat in eggs.
4. Add buttermilk and molasses.
5. Stir dry ingredients together and add to bran mixture.
6. Stir in bran flakes and fold in raisins.
7. Cover and allow mixture to stand in refrigerator for a few hours or overnight before using.
8. Muffin mix will keep for 6 weeks in a refrigerator. (Providing no one bakes and eats them!).

BAKING:

1. Place LARGE cupcake papers in Minicaker.
2. Fill cups half full.
3. Bake on 100% power for 2½ to 3 minutes for 6 muffins.
4. Tops should have risen above pan and be slightly moist on top.
5. Let stand for 2 minutes before eating, to complete cooking.

MICRO MEMO:

Shiny glaze on top? Batter won't finish cooking? The sugar in the mix has just settled out on top during standing. Stir before using.

For quicker cooking use Steam 'N' Poach set as in Apple Muffins. Cut microwave cook time to 1½ to 2 minutes.