



RAISIN BRAN MUFFINS

- 3 Tablespoons Butter
- $\frac{1}{4}$ Cup Molasses
- 1 Egg
- 1 Cup Shredded Bran Cereal
- $\frac{3}{4}$ Cup Buttermilk
- 1 Cup Whole Wheat Flour
- 1 Teaspoon Baking Powder
- $\frac{1}{2}$ Teaspoon Baking Soda
- $\frac{1}{2}$ Teaspoon Salt
- $\frac{1}{3}$ Cup Raisins

DIRECTIONS

1. Cream butter and molasses together.
2. Add egg and beat well.
3. Add bran and buttermilk.
4. Let stand 5 minutes or until most of the liquid is absorbed.
5. Add remaining ingredients and mix only until moist.
6. Fill greased muffin tins $\frac{2}{3}$ full and bake in a 400 degree oven for 20 minutes.