

Aunt Carol's Bran Muffins (2 dozen)

3 cups	All-Bran ("original" - not flakes) cereal, divided
1 cup	hot water
1/3 cup	vegetable oil
2 cups	buttermilk or plain yogurt
2	eggs
2-1/2 cups	flour (I use whole wheat)
1 cup	dark brown sugar
2-1/2 tsp.	baking soda
1 tsp.	salt
1 cup	raisins
1 cup	nuts

Stir together 2 cups bran, water and oil. Let stand five minutes.

Stir in eggs and buttermilk.

Stir in flour, sugar, soda, salt, and remaining bran, until just moistened.

Stir in raisins and nuts.

Put into bottom-greased muffin tins.

Bake 15-20 minutes at 400.

Remove immediately from pan.

Some variations I've come to like:

I add roughly two tablespoons each of dark molasses and SACO (dried) Buttermilk Powder to the initial mix and use plain yogurt instead of buttermilk. I often add a little vanilla extract, a grind or two of nutmeg, or a tablespoon of cinnamon for some variety.

I usually substitute baking powder for about half the baking soda and cut the salt in half.

I go overboard with the nuts (I married a squirrel) - about 3/4 cup each of walnuts and pecans, and load in more dried fruit with about 3/4 cup each of "Craisins" (dried cranberries) and raisins.

I coat the muffin tins well with a PAM-type spray, and usually cook the muffins until they start to brown a bit, 19-20 minutes. I cool them on a rack after carefully removing them from the muffin tins.