

Vegan Pecan-Bran Muffins (2 dozen small muffins)

3 cups	All-Bran ("original" - not flakes) cereal, divided 2 and 1
1 cup	hot water
1/3 cup	vegetable oil
2 Tbsp.	molasses
24 oz.	vanilla soy yogurt
2 tsp.	vanilla extract
1 Tbsp.	ground cinnamon
2 tsp.	freshly-ground nutmeg
1/2 tsp.	salt
2-1/4 cups	flour (I use whole wheat)
2/3 cup	dark brown sugar
1-1/2 tsp.	baking powder
1 tsp.	baking soda
2 cups	raisins and craisins, as you prefer
2 cups	pecan halves or chopped pieces, as you prefer

If your pecans have been frozen, toast them 10 minutes at 300 degrees.

In a large bowl, stir together 2 cups bran, water, oil and molasses.

Let stand five minutes.

Stir in soy yogurt and spices.

Stir in flour, sugar, and remaining bran. Mix well.

Stir in baking powder and baking soda.

Stir in raisins, craisins, and nuts until just moistened.

Spoon into greased (I use PAM or equivalent spray) muffin tins.

Bake about 16-18 minutes at 400, until the edges and tops start to brown.

Remove immediately from tins. Cool on wire rack.