

Bran Muffins Three Ways

- 1 cup all-purpose flour (or 1 cup whole wheat pastry flour)
- 1/3 cup light brown sugar, firmly packed (or 1/4 cup honey)
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1 egg, beaten
- 3/4 cup milk (1 cup for Peanut Butter variation)
- 3 tablespoons vegetable oil
- 1 cup NABISCO 100% Bran (or 1 cup wheat bran)

1. Preheat oven to 400° F. Grease 12 to 15 (2 1/2-inch) muffin-pan cups.
2. In medium bowl, combine flour, brown sugar, baking powder, salt and baking soda. In small bowl, blend together egg, milk and oil; stir in NABIISCO 100% Bran; let stand 5 minutes. Add ingredients for desired flavor; mix until well combined. Stir into flour mixture just until blended; do not overmix.
3. Fill muffin-pan cups 2/3 full. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Remove from pan to wire rack to cool. Makes 12 to 15 muffins.

Peanut Butter Bran Muffins

- 1/3 cup chunky peanut butter
- 2 tablespoons honey

Zucchini Bran Muffins

- 1/2 cup grated zucchini, squeezed dry
- 1/3 cup chopped walnuts
- 1/2 teaspoon ground cinnamon

Molasses-Cheddar Bran Muffins

- 1/2 cup grated Cheddar cheese
- 2 tablespoons unsulphured molasses
- 1/4 teaspoon ground ginger

From a Nabisco 100% Bran cereal box a long time ago