

## **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