

Crunchy Bran Muffins

- 1 c. buttermilk ($\frac{1}{2}$ c.)
- 1 tsp. baking soda ($\frac{1}{2}$ tsp.)
- 1 c. all purpose flour ($\frac{1}{2}$ c.)
- $\frac{1}{4}$ tsp. salt (-)
- $\frac{1}{2}$ c. butter or margarine ($\frac{1}{4}$ c.)
- $\frac{3}{4}$ c. brown sugar ($> \frac{1}{2}$ c.)
- 1 egg
- 1 tbsp. molasses (2 tsp.)
- 1 c. bran - we used natural bran ($\frac{1}{2}$ c.)
- $\frac{1}{4}$ c. each raisins or currants, finely chopped nuts and dates

Combine buttermilk and soda and set aside.

Cream butter and brown sugar thoroughly. Add egg and beat well.

Add buttermilk and soda, then molasses and bran and blend.

Stir in flour and salt mixture and fold in fruit and nuts.

Spoon into well-greased muffin cups and bake 375° - 20 min. or until done.

This recipe was sent to us from our sister-in-law from the cottage country. It proved to be one of our favourite!