



Refrigerator Bran Muffins

2 cups All-Bran cereal
2 cups buttermilk
 $\frac{3}{4}$ cup canola oil
1 and $\frac{1}{2}$ cups packed brown sugar
2 eggs
2 cups all purpose flour
2 teaspoons baking soda
 $\frac{1}{2}$ teaspoon salt

Method: In a large bowl, combine cereal, buttermilk and oil. Allow to stand for 5 minutes or until cereal is softened. Beat in brown sugar and eggs. Stir in flour, baking soda and salt. Store batter in refrigerator for up to 2 weeks. Make a few whenever you want hot, freshly baked muffins!

To bake: Fill greased or paper-lined muffin cups about $\frac{2}{3}$ full with batter. Bake in 375 degree F. preheated oven for about 25 minutes or until a pick inserted in center comes out clean. (Recipe adapted from www.cooks.com, by RAMC Dietitian Judy Martin)



REEDSBURG AREA
MEDICAL CENTER

The Joy of Healthy Cooking