

Wheat Bran Muffins (or with oatmeal) and buttermilk

Ingredients

3 – 1/2 cups wheat bran

2 – 1/2 cups buttermilk

2 1/2 cups flour

1 Tbsp. + 1 tsp. baking soda

1 Tbsp. + 1 tsp. baking powder

1 tsp. salt

1 Tbsp. cinnamon -- or more

1 cup canola oil

3 eggs

1 -1/3 cups brown sugar -- or half that.

2 tsp. vanilla

2 cups dried dark cherries (1/2 Costco 20 oz. package) or raisins or cranberries

Also: muffin pan(s) to hold 12 large muffins and jumbo paper muffin cups

Oven temp: 375°

Mix wheat bran and buttermilk together. Let stand 10 min. while doing the rest.

Sift together the flour, soda, baking powder, salt and cinnamon.

In mixing bowl, beat together the canola oil, eggs, sugar and vanilla.

Add the bran/buttermilk mixture.

Stir in the flour mixture.

Stir in the cherries (or raisins or cranberries)

Divide evenly among the 12 muffin cups in the muffin pan(s).

Bake 20 minutes at 375° or until a toothpick stuck in the middle comes out clean.

Cool.

When cool, freeze most. Can use a straw to suck all the air out of the freezer bag to avoid freezer burn.

OPTION - Double the amount to use leftovers:

Use 1 cup regular oatmeal instead of 1 cup wheat bran

Use 1/2 cup regular milk instead of 1/2 cup buttermilk

Repeat the recipe later that day or the next to use up the other half of the wheat bran, buttermilk and cherries. Wheat bran does not keep well, better if refrigerated.