

Bran Flax Muffins

Stacy Lundy

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| 1 ½ cups unbleached flour | 1 ½ cups shredded carrots |
| ¾ cup flaxseed meal | 2 apples, peeled and shredded |
| ¾ cup oat bran | 1 cup chopped nuts |
| 1 cup brown sugar | ¾ cup milk |
| 2 tsp. baking soda | 2 eggs, beaten |
| 1 tsp. baking powder | 1 tsp. vanilla |
| ½ tsp. salt | ½ cup raisins (optional) |
| 2 tsp. cinnamon | |

Mix dry ingredients and brown sugar in large bowl. Stir in carrots, apples, and nuts. Combine milk, eggs, and vanilla in another bowl. Pour liquid into dry ingredients. Stir until moistened. Do not over mix. Fill muffin cups $\frac{3}{4}$ full and bake at 350° for 15 to 20 minutes. *Makes 15 muffins.*

Six-Week Muffins

Patricia Cooper

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| 1 (15 oz.) box Raisin Bran (7 ½ cups) | 5 tsp. baking soda |
| 1 cup melted shortening | 2 tsp. salt |
| 3 cups sugar | 1 quart buttermilk |
| 5 cups flour | 4 eggs, beaten |

Mix dry ingredients in large bowl. Add shortening, buttermilk, and eggs; mix well. Store, covered, in refrigerator for up to 6 weeks. Bake at 400° for 20 minutes.