

Donald's mom's bran muffins (possibly originating from Donald's grandmother)

Makes one dozen (12) regular muffins. The recipe halves well for use in trays of six unit baking trays in countertop ovens lacking the dimensions to fit a 12 unit baking tray.

If using mini-muffin moulds, especially if of the glazed anti-stick variety, reduce baking time to 13 to 15 minutes. A half-batch should make to the order of 20 to 22 mini-muffins.

Ingredients:

Optional: replace raisins with chopped apples, BUT reduce milk to 1/2 cup (1/4 cup, 2 oz)

- 1/2 cup brown sugar, packed (1/4 cup -- 2 oz)
- 1/4 cup vegetable oil (1/8 cup -- 1 oz)
- 1/4 cup molasses (1/8 cup -- 1 oz) (soften with a microwave oven if needed)
- 2 eggs, unbeaten (1 egg)
- 1 cup milk (1/2 cup, 4 oz)
- 1-1/2 cup bran (original recipe was 3/4 cup each of bran and flaxseed) (3/4 cup, 6 oz)
- 1 cup flour (1/2 cup, 4 oz)
- 1-1/2 teaspoon baking powder (3/4 teaspoon)
- 1/2 teaspoon baking soda (1/4 teaspoon)
- 1/4 teaspoon salt (1/8 teaspoon)
- 1/2 cup raisins (1/4 cup, 2 oz)

Equipment:

- Conventional oven or countertop convection oven, preheated to 425F
- Muffin mould(s) with 12 standard sized muffin wells
 - Countertop convection oven: Muffin mould(s) with 6 standard sized muffin wells
 - Mini muffins, half batch: 2 mini-muffin moulds with 12 wells each
- Standard muffins: 12 paper muffin cups
 - Mini muffins, half batch: 20 to 22 paper mini-muffin cups
- Measuring cup(s)
- Measuring spoons
- Mixing bowl
- Fork
- Spoon
- Microwave (only useful if your molasses is old and stiff)
- Electric beater (optional but useful especially if your molasses is old and stiff)
- Oven mitts
- Cooling racks
- Container or freezer bag to store baked muffins

How to make the muffin mix:

- Place oil and brown sugar in a mixing bowl.
- Cream the oil and brown sugar.
- Add molasses to mixed oil and brown sugar.
- As necessary, soften the mix (molasses, oil, brown sugar) a microwave oven until the molasses flows, but only warm (not hot).
- Repeat as necessary the heating in the microwave, 15 to 25 seconds at a time, until the

molasses is well mixed.

- Add the eggs.
- Beat together well.
- Add milk.
- Mix well.
- Add bran (and flax if used).
- Mix well.
- Combine and mix the flour, baking powder, baking soda, and salt in the measuring cup or in a separate bowl.
- Add flour mixture to the wet ingredients.
- Mix well.
- Add raisins.
- Mix well.

Baking the muffins:

- Place rack in middle of the oven if using a conventional sized oven.
- Preheat the oven to 425F
- Place a paper muffin liner / cup in each well of the muffin mould(s).
- Spoon the mixture into the paper muffin liners, to approximately 3/4 full.
- Place muffin tin in preheated 450F / 425F oven.
- Bake in oven at 425F for 18 minutes. (17 minutes countertop convection oven or before top begins to burn)
 - Bake for 13 minutes if using mini-muffin moulds, especially if of the glazed anti-stick variety
 - Rotate part through to ensure even baking.
- Remove baking tin from oven.
- Remove the individual muffins from the muffin mould(s) and place on the cooling racks.
- Place remaining muffins in a freezer bag once cooled and place in freezer.