

Donald's "M" bran muffins

"M" for "Modified" or "Molasses", basically a slight modification of my mom's bran muffin recipe.

Makes 12 to 14 muffins.

Ingredients:

- 1/4 cup vegetable oil
- 1/4 cup brown sugar, packed
- 1/4 cup molasses (soften with a microwave oven if needed)
- 2 eggs, unbeaten
- 1 cup milk
- 1-3/4 cup wheat bran
- 1 cup flour
- 1-1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup raisins

Equipment:

- Conventional oven, preheated to 450F (I have not yet tried in a countertop convection oven)
- Muffin mould(s) with up to 14 standard sized muffin wells
- 12 to 14 paper muffin cups (optional, but they make it easier to remove the muffins from the moulds)
- Measuring cup
- Two mixing bowls
- Fork
- Spoon
- Microwave oven (only useful if your molasses is old and stiff)
- Oven mitts
- Cooling racks

How to make the muffin mix:

- Cream the oil and brown sugar.
- As necessary, soften the molasses in a microwave oven 15 to 25 seconds until it flows, but only warm (not hot).
- Add the molasses to the oil and sugar and beat together well.
- 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.
- Beat together well.
- Add bran.
- Mix together thoroughly.
- In a separate mixing bowl, combine and mix the flour, baking powder, baking soda, and salt.
- Add flour mixture to the wet ingredients and mix well.
- Add raisins and blend.

Baking the muffins:

- Place rack in middle of the oven if using a conventional sized oven.
- Preheat the oven to 450F.
- 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.
- Bake in oven at 450F for 18 minutes.
- Remove from oven.
- Remove the individual muffins from the muffin mould(s) and place on the cooling racks.

- Once cooled, freeze what you don't eat right away and/or keep for the morning breakfast.