

6 Week Bran Muffins

Quilt and Café

Ingredients

- 1 box Kellogg's Raisin Bran Cereal (16 oz. box)
- 2 cups granulated sugar or Erythritol (sugar substitute)
- 5 cups all-purpose flour
- 1/2 cup wheat germ or milled flax seed
- 1 quart buttermilk
- 2 tsp. vanilla extract
- 5 Tbsp. baking soda
- 1 cup vegetable oil or coconut oil

Method

Mix the dry ingredients together in a large bowl. Add in the buttermilk and vanilla, stir to combine. Add in the oil and stir well. Spray oil in a muffin pan or use paper liners. Fill the muffin cups 3/4 full and bake at 350 (preheated) degrees for 20 minutes. Store the remaining batter in a covered container in the fridge for up to six weeks, or make a bunch and throw them in the freezer.

NOTE: Before putting the batter into the muffin cups, you can add in different things to customize your muffins each time. Some ideas are, fruits, fruit zests, spices like cinnamon or nutmeg, various nuts or dried fruits.