

BLUEBERRY BRAN MUFFINS

Spray muffin pans or use paper liners.

400 oven---20 minutes

3 cups all-bran cereal

1 cup boiling water

1 ½ cup white sugar

½ cup oil

2 eggs

2 cups buttermilk

Zest of one lemon

2 ½ cups flour

2 ½ teaspoons baking soda

1 teaspoon salt

½ cup wheat germ

1 or 2 cups blueberries (fresh or frozen)

Combine 1 cup all bran with 1 cup boiling water, stir once and let steep.

In a large mixing bowl, beat sugar with eggs, oil and lemon zest.

In a medium bowl, mix together flour, baking soda, salt and wheat germ.

Slowly add dry ingredients to mixing bowl, then add 2 cups dry bran and wet bran.
By hand, slowly fold in the blueberries.

Refrigerate at least 12 hours or more. Cover your bowl or container.

Makes 24 to 30 muffins.