

6 Week Bran Muffin Refrigerator Recipe by Food Storage Moms

Makes: 6 dozen muffins

Ingredients:

2 cups boiling water

4 cups All Bran Buds

1 cup olive oil

2 cups sugar

4 eggs

5 cups freshly ground hard white wheat) or white bread flour

1 teaspoon sea salt

5 teaspoons baking soda

1-quart buttermilk

2 cups frosted flakes or other bran flake cereal

Instructions

Preheat oven to 400 degrees. Pour boiling water over the 4 cups All Bran Buds and set aside to soak.

Start adding the other ingredients into a large mixing bowl or stand mixer until blended. Stir in the soaking All-Bran Buds and blend until thoroughly combined. Scoop batter into greased muffin pans and bake for 15-20 minutes. For each batch of 12 muffins, you bake add one cup of your favorite fruits or vegetables. You can use grated carrots, raisins, dates, bananas, grated zucchini, dried cranberries, grated coconut, and nuts, etc.

Store the batter in the refrigerator for up to 6 weeks, bake as many as you want each time you bake a batch.