

# #5

## Box of Raisin Bran Muffins 1989 Heartland Cookbook

15 oz. box Raisin Bran cereal  
1 qt. buttermilk  
1 cup vegetable oil  
2½ cups sugar  
4 lightly beaten eggs  
5 cups flour  
5 tsp. baking soda  
Pinch of salt

In large bowl, combine cereal, buttermilk, oil, sugar and eggs. Sift together flour, soda & salt. Stir dry ingredients into cereal mixture. Cover and refrigerate overnight. To bake, fill cupcake pans  $\frac{3}{4}$  full. Bake 350°F for 20 minutes. Batter can be kept in refrigerator for 2-3 weeks to use as needed. These muffins also freeze well after baking.

Credit as:  $\frac{1}{2}$  muffin = grains/bread for 1-5 year olds. 1 muffin = grains/bread serving for 6-12 year olds.