

Six-Week Bran Muffins

1 15-16 oz. package bran flake cereal
2 cups sugar
5 tsp. baking soda
1 tsp. salt
2 ½ cups flour
2 ½ cups whole wheat flour
1 cup vegetable oil
4 eggs, beaten
1 qt. buttermilk

In a very large bowl, mix cereal, sugar, soda, salt, and flours. Stir in oil, eggs, and milk. Mix until moistened. Store in a tightly covered container in the fridge for up to 6 weeks. To bake, fill greased muffin tins full. Bake at 425 for 20-25 minutes. Makes about 3 dozen muffins.

Pumpkin-Raisin Bread

½ cup vegetable oil
½ cup applesauce
3 eggs
2/3 cup water
2 cups (1 can) pumpkin
3 ½ cups flour
1 ½ tsp. salt
2 tsp. baking soda
1 tsp. nutmeg
1 tsp. cinnamon
2 cups sugar
½ cup raisins
½ cup chopped walnuts

Grease and flour 3 loaf pans. Heat oven to 350. Mix first 5 ingredients in a bowl. Mix next 6 ingredients in another bowl. Combine and add raisins and nuts. Pour into prepared pans and bake 1 hour.

Scottish Oat Scones

1 1/2 cup flour
1 1/4 cup old-fashioned oatmeal
1/4 cup sugar
1 Tbsp. baking powder
1 tsp. cream of tartar
1/2 tsp. salt
2/3 cup butter, melted
1/3 cup milk
1 egg, beaten to blend

1/2 cup raisins or currants

Preheat oven to 425. Grease cookie sheet or line with parchment paper. Combine first 6 ingredients in a large bowl. In another bowl, mix butter, milk, and egg. Add to dry ingredients and stir until moistened. Mix in raisins. Shape dough into a ball. Place on lightly floured surface. Pat out to form a $\frac{3}{4}$ -inch thick circle. Cut into 8 wedges. Bake on prepared sheet 15-20 minutes or until golden brown.

Carrot-Pineapple Muffins

1 $\frac{1}{4}$ cups whole wheat flour

1 cup sugar

2 tsp. baking powder

1 $\frac{1}{2}$ tsp. baking soda

1 tsp cinnamon

$\frac{1}{2}$ tsp. salt

4 eggs

$\frac{3}{4}$ cup vegetable oil

4 oz. crushed pineapple

3 cups shredded carrots

Preheat oven to 350. Grease muffin tins. In a bowl, mix first 6 ingredients well. Add oil and eggs; mix slowly for a few seconds. Add carrots and pineapple; mix for a few more seconds. Do not overmix. Fill muffin tins $\frac{2}{3}$ full and bake 15-20 minutes until dark brown.