

Cheese & Bacon Bran Muffins – Andrew

Makes 12-16 muffins, depending on size

Preheat oven to 400°F

1 c wheat bran OR all bran cereal

1 ¼ c buttermilk OR sour milk (sour milk by adding a little vinegar)

1 egg

¼ c oil or melted butter

1 ½ c all purpose flour

2 Tbsp granulated sugar

1 ½ tsp baking powder

½ tsp baking soda

¼ tsp salt

1 c sharp cheddar, grated

4-5 bacon slices, cooked & crumbled

1. Combine bran and buttermilk in a small bowl.
2. In a medium bowl, beat egg until frothy. Stir in oil and cereal mixture.
3. In a large bowl, combine all remaining ingredients. Make a well in centre.
4. Pour egg mix into well. Stir just enough to moisten. Batter will be lumpy.
5. Fill muffin cups ¾ full.
6. Bake 20-25 minutes. Let stand 5 minutes. Remove from pan.