BRAN MUFFINS

1 C. oatmeal
1/2 C. vegetable oil
1/2 C. applesauce
3 C. All-Bran cereal
2 C. boiling water
1 1/2 C. sugar

Add:
4 eggs, beaten until foamy
5 tsp. baking soda
5 C. flour
1 qt. buttermilk (low-fat)
2 C. additional All-Bran cereal

Mix first six ingredients and cool thoroughly in a large bowl. Add the rest of the ingredients and stir mixture together but DO NOT BEAT. Put in tightly covered container. Keeps up to six weeks in the refrigerator. Do not stir again. Scoop into greased or lined muffin pans. Bake in preheated 400° oven for 12 to 15 minutes.

NUTRITION FACTS: Serving size: 1 muffin per serving, 60 muffins