

Donald's "M" bran muffins

"M" for "Modified" or "Molasses", basically a slight modification of my mom's bran muffin recipe, with more bran and less molasses. This was an experiment that had good results but has not been repeated since.

Makes 12 to 14 muffins.

Ingredients:

- 1/4 cup brown sugar, packed
- 1/4 cup vegetable oil
- 1/4 cup molasses (soften with a microwave oven if needed)
- 2 eggs, unbeaten
- 1 cup milk
- 1-3/4 cup wheat bran
- 1 cup flour
- 1-1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup raisins

Equipment:

- Conventional oven or countertop convection oven, preheated to 450F
- Muffin mould(s) with 12 standard sized muffin wells
 - Countertop convection oven: Muffin mould(s) with 6 standard sized muffin wells
 - Mini muffins, half batch: 2 mini-muffin moulds with 12 wells each
- Standard muffins: 12 paper muffin cups
 - Mini muffins, half batch: 20 to 22 paper mini-muffin cups
- Measuring cup(s)
- Measuring spoons
- Mixing bowl(s)
- Fork
- Spoon
- Microwave (only useful if your molasses is old and stiff)
- Electric beater (optional but useful especially if your molasses is old and stiff)
- Oven mitts
- Cooling racks
- Container or freezer bag to store baked muffins

How to make the muffin mix:

- Cream the oil and brown sugar.
- As necessary, soften the molasses in a microwave oven 15 to 25 seconds until it flows, but only warm (not hot).
- Add the molasses to the oil and sugar and beat together well.
- Repeat as necessary the heating in the microwave, 15 to 25 seconds at a time, until the molasses is well mixed.
- Add the eggs.
- Beat together well.
- Add milk.
- Beat together well.
- Add bran.
- Mix together thoroughly.
- Combine and mix the flour, baking powder, baking soda, and salt in the measuring cup or in a separate bowl.
- Add flour mixture to the wet ingredients.
- Mix well.
- Add raisins.
- Mix well.

Baking the muffins:

- Place rack in middle of the oven if using a conventional sized oven.
- Preheat the oven to 450F
- Place a paper muffin liner / cup in each well of the muffin mould(s).
- Spoon the mixture into the paper muffin liners, to approximately 3/4 full.
- Place muffin tin in preheated 450F / 425F oven.
- Bake in oven at 450F (425F in countertop convection oven) for 18 minutes. (17 minutes countertop convection oven or before top begins to burn)
 - Bake for 14 to 15 minutes if using mini-muffin moulds, especially if of the glazed anti-stick variety
 - Rotate part through to ensure even baking.
- Remove from oven.
- Remove the individual muffins from the muffin mould(s) and place on the cooling racks.
- Place remaining muffins in a freezer bag once cooled and place in freezer.