



FRANKO'S FAVORITES

BRAN MUFFINS

Stir 1 cup all-purpose flour, 2 tsp. baking powder, ½ tsp. baking soda, ½ tsp. salt together. Combine 1 cup whole bran, ½ cup milk and 1/3 cup molasses and let stand until most of the moisture is taken up. Add 1 unbeaten egg and ¼ cup shortening; beat well. (Optional: Add ½ cup seedless raisins to dry ingredients.) Blend dry ingredients into bran mixture, stirring only until combined. Fill greased muffin pans 2/3 full. Bake in 400 degree oven about 20 minutes. (Not optional: Prepare and serve with lots of love.)