



FRANKO'S FAVORITES

MELISSA'S FAMOUS BRAN MUFFINS

In a large bowl, combine 2 cups flour, 3 cups bran, 1 ¼ cup brown sugar, 2 cups raisins, 1 cup chopped dates, 1 Tbsp. baking powder, 2 tsp. baking soda, 1 tsp. salt and 2 Tbsp. cinnamon. In another bowl, beat 4 cups milk, 3 eggs, 2/3 cup vegetable oil and 1 tsp. vanilla extract together at medium speed. Add the dry ingredients to the milk mixture. Add 3 Tbsp. molasses and beat for 3 minutes. Pour batter into muffin tins and bake at 450 degrees for 30 to 40 minutes or until done. Makes 12 super-sized muffins. (From Melissa's Restaurant in Banff)