

Heart Healthy All Bran Muffins

(extra batter keeps well in the refrigerator for 6 weeks but never lasts that long!)

6 cups All Bran (one box, 18.3 oz)
2 cups boiling water
1 cup canola oil
3 cups Splenda
1 cup egg substitute (Eggbeaters, etc.)
1 quart fat free buttermilk
5 cups all-purpose flour
5 tsp soda
1 tsp salt (optional)
24 – 29 ounces applebutter
1 large box golden raisins
1 cup walnuts (optional)

Pour the boiling water over 2 cups All Bran and the canola oil. Mix and let stand. Mix the rest of the bran with the Splenda, eggbeaters and buttermilk in a LARGE bowl. Sift flour, soda and salt. Combine these ingredients and add the original bran mixture and applebutter, nuts and raisins. This makes hundred of tiny muffins or about 6 dozen regular size which I don't think cooks as well (gets dry).

Cook small size muffins at 400°F about 9 minutes in convection oven; about 12 minutes in regular oven.
Cook large muffins at 400°F about 18-20 minutes.