

Healthy “Pink Ribbon” Bran Muffins

(To supercharge the health benefits of these muffins, use all “organic” ingredients...but don't stress if you decide not to. This recipe makes 42-48 muffins, enough to give as a gift and have your own healthy snack for your family. The batter also keeps for up to 6 weeks in the refrigerator.)

5 cups all-purpose flour
5 teaspoons baking soda
2 teaspoons salt
2 teaspoons ground allspice
1 15-ounce box bran flakes with raisins
3 cups sugar
4 eggs
1 cup vegetable oil
1 quart buttermilk
2 teaspoons vanilla

Using the largest bowl you have, combine the first four ingredients. Add the bran flakes, sugar, and mix. In a mixer bowl, beat the eggs. Add the oil, buttermilk, and vanilla to the eggs and blend. Pour the egg mixture over the flour mixture and stir well. To bake, preheat the oven to 375 degrees F. Using about 1/2 cup batter for each, drop the batter into paper-lined muffin tins. Bake the muffins for 20 minutes or until the top springs back when touched with your finger. When cooled, individually wrap each muffin in plastic wrap and place them in a pink-napkin-lined basket or other decorative container and tie with a big pink bow. (Note: If you choose to store the batter, when you're ready to bake the muffins, do not stir the batter. Just dip it out and drop into the muffin tins as described above.)