

**This Recipe is not Diet Specific; You will need to make substitutions.**

### **Bran Muffins**

1/2 cup corn oil

1/2 cup molasses

1/2 cup liquid egg substitute

3/4 cup Mocha Mix Non-Dairy Creamer

3/4 cup water

2 cups bran

1/2 cup raisins

2 cups whole wheat flour

4 tsps. baking powder

1/4 tsp. salt.

1. Preheat oven to 400 degrees. Mix the oil, molasses, egg substitute, Mocha Mix and water in a large bowl. Stir in the bran and raisins. Let stand for 5 minutes.
2. Stir in the flour, baking powder and salt. Mix well.
3. Fill 18 lightly oiled muffin tins 2/3 full. Bake 25 minutes.

Makes 18 muffins.