

# Dale's

## Southern Grill "A SOUTHERN EXPERIENCE..."

### Raisin-Bran Muffins

#### Ingredients:

- 1 Cups all-purpose flour
- 1 ½ cup bran flakes
- 1 ½ tsp. baking powder
- ½ tsp baking soda
- 1 cup sugar
- ½ tsp ground cinnamon
- ½ tsp salt
- 1 cup raisins
  
- ¾ cup buttermilk
- ¼ cup vegetable oil
- 2 large eggs

#### Directions:

Preheat oven to 400 degrees. Spray muffin tins with cooking spray. May substitute muffin liners.

Combine the flour, bran flakes, baking powder, baking soda, sugar, cinnamon, salt and raisins in a medium bowl. Mix well. In another bowl, mix together buttermilk, oil, and eggs. Beat with a wire whisk or electric mixer on low until frothy.

Make a well in the center of the dry ingredient bowl. Pour the liquid into the well and fold lightly with a rubber spatula until all is combined.

Place in refrigerator for at least 2 hours or overnight to allow batter to stiffen.

Divide evenly into muffin pans.

Place the pan in the oven. Immediately turn the heat down to 350 degrees. Bake for 20 to 25 minutes or until the tops are browned and the middle springs back when touched lightly. Let the muffins rest on a wire rack for 10 minutes before removing from pan.

Serve warm. Enjoy!!