

Maple Bran Muffins

Sift together

1 cup Greenwillow Pastry flour
1 tsp. baking powder
1 tsp. baking soda
1/4 tsp salt
1 tsp cinnamon
1/4 tsp. nutmeg or coriander

Mix in

1 cup Golden Wheat Bran

Combine together

1 cup buttermilk
1 egg
1/2 tsp lemon peel
1/3 cup maple syrup, *melted*
together with
3 TBS butter
1/2 cup raisins or chopped dates

Sift dry ingredients together. Stir in bran. Make a well in the center. In a separate bowl, beat together liquid ingredients. Pour into dry ingredients, add the raisins or dates and mix just long enough until combined. Fill greased muffin cups 3/4 full. Bake at 350 for 20 to 25 minutes.*