

# BEST FOR COOKING

Kellogg's All-Bran is an ideal ingredient for cooking. It blends well with other ingredients because it is fine and soft and adds a tempting nut-sweet flavor to the recipe. Remember, too, that this best of all brans increases the value of each dish because of its abundant "bulk."

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## ALL-BRAN MUFFINS

|                               |                             |
|-------------------------------|-----------------------------|
| 2 tablespoons short-<br>ening | 1 cup flour                 |
| 1/4 cup sugar                 | 1 teaspoon baking<br>powder |
| 1 egg (well beaten)           | 1/2 teaspoon soda           |
| 1 cup sour milk               | 1/2 teaspoon salt           |
| 1 cup Kellogg's ALL-BRAN      |                             |

Note: If sweet milk is used instead of sour milk, omit the 1/2 teaspoon of soda and use 3 teaspoons baking powder. Raisins or dates may be added if desired. A small slice of apple, sprinkled with cinnamon and sugar, placed on top the muffin batter before baking, makes a delicious variation of the recipe.

Cream the shortening and sugar, add egg and sour milk. Add ALL-BRAN and let soak until most of the moisture is taken up. Sift flour with baking powder, soda and salt and add to first mixture, stirring only until flour disappears. Fill greased muffin tins two-thirds full and bake in a moderate oven (400° F.) for 20 to 25 minutes.

Yield: 8 large or 12 small muffins.

(Illustrated on reverse side)

1460 L  
1 1/4 C Flour  
1 1/2 T B.P.  
1/2 T Vanilla