

Mormon Muffins

Source: The Greenery Restaurant

Ingredients

2 cups boiling water
5 teaspoons baking soda
1 cup shortening
2 cups sugar
4 eggs
1 quart buttermilk
5 cups flour
1 teaspoon salt
4 cups All Bran Cereal
2 cups 40% Bran Flakes
1 cup walnuts, chopped

Instructions

Add soda to boiling water and set aside. Whip shortening and sugar until light and fluffy. Add the eggs slowly. Mix well. Add the buttermilk, flour, salt and mix again. Add the soda water very slowly. Gently fold the cereals and the walnuts into the mix.

Spoon 1/8 cup into greased muffin tins. Bake at 350 degrees for 30 minutes. Let cool for 5 minutes

Muffin mix must sit in the refrigerator overnight before baking. Muffin mix will last one week, covered, and refrigerated.