

## **Six Week Bran Muffins**

By: Betty Jones

5 teaspoons baking soda  
2 cups boiling water  
2 cups sugar  
1 cup margarine  
4 eggs  
1 quart buttermilk  
5 cups flour  
1 teaspoon salt  
2 cups Bran Flakes  
4 cups All-Bran Cereal  
2 cups chopped nuts  
1 20-oz can crushed pineapple (undrained)

Add baking soda to boiling water and let cool. Cream together margarine and sugar. Add eggs and blend well. Stir in buttermilk, flour, and salt. Add soda water. Stir in cereals and then add nuts and pineapple last.

Fill greased muffin tins  $\frac{2}{3}$  full. Bake at 400 for 17 to 20 minutes.

For miniature muffins, bake 11 to 12 minutes.

Mixture keeps for 6 weeks in refrigerator