

CRANBERRY CINNAMON BRAN MUFFINS

Mary-Elizabeth Lane

1 cup wheat bran	1/3 cup sugar substitute
1/2 cup All Bran or 100% bran cereal	(Splenda)
1/4 tsp salt	1 egg
1/2 cup boiling water	1/4 cup canola oil
1 cup skim milk	1 1/4 cups whole wheat flour
1 cup dried cranberries	1 1/4 tsp baking soda
	1 tsp cinnamon

In bowl, combine bran, cereal and salt. Pour boiling water over and stir to combine. Stir in milk and cranberries and set aside. In another bowl, whisk together sugar substitute (or sugar), egg and oil. Stir into bran mixture. In large bowl, stir together flour, baking soda and cinnamon. Pour bran mixture over flour mixture and stir until just combined. Divide batter among 12 lined or greased muffin cups. Bake in 375°F oven for about 20 minutes or until tester inserted in centre comes out clean.

CRANBERRY MUFFINS

Helene Livingston

2 cups all purpose flour	2 eggs
1/2 cup granulated sugar	1/4 cup cooking oil
4 tsp baking powder	1/2 cup milk
1/2 tsp salt	1 cup whole cranberry sauce

Measure flour, sugar, baking powder and salt into large bowl. Stir thoroughly. Make well in centre. In separate bowl, beat eggs until frothy. Mix in oil, milk and cranberries. Pour into well. Stir to moisten. Batter will be lumpy. Bake in 400°F (200°C) oven for 20 to 25 minutes. Makes 18 to 24 muffins.

Topping: Brush hot cooked muffin tops with melted butter. Sprinkle with granulated sugar.

You get what you expect from life - so expect the best.

DAVE'S BUTTERMILK CORN MUFFINS

Dave Vallbacka

3/4 cup cornmeal	1/3 cup granulated sugar
1 1/4 cups buttermilk	1 egg
1 cup unbleached all purpose flour	1/4 cup corn oil
1/4 tsp salt	3 Tbsp corn syrup
2 Tbsp baking powder	1 (7 oz) can corn niblets

Put the buttermilk in a 2 litre glass mixing bowl and heat in microwave on high for 1 minute. Gently fold in cornmeal and allow to sit for 10 minutes while you prepare the dry ingredients. Put the flour, salt, baking powder and about half of the sugar in a Ziploc bag and thoroughly mix the dry ingredients. (I find that turning the bag from corner to diagonally opposite corner works very well.) I warm up the (unbroken) egg by placing it in a cup of hot water for several minutes. Whisk the egg and the remaining sugar thoroughly together in a small bowl. Add the corn oil and corn syrup and whisk until mixture does not separate. Use whisk to fold gently into buttermilk and cornmeal mixture. Pour the corn niblets into a sieve and rinse with cold water. Gently fold into the mixture using whisk. Slowly whisk the dry ingredients into the wet mixture. Do not over mix! You only want to wet the dry ingredients. Mixture will be quite thick and bubbly. Spoon into large paper baking cups in muffin pan and bake for 17 minutes at 400°F. Makes 12 muffins.

PINEAPPLE SOUR CREAM MUFFINS

Linda Duff

1/4 cup white sugar	1 tsp baking powder
1 egg	1/2 tsp baking soda
1/4 cup soft butter	1/2 tsp salt
1 cup sour cream	1 cup drained crushed pineapple
1 1/2 cups flour	

Mix together sugar, egg, butter and sour cream. Sift and add flour, baking powder, baking soda and salt. Add and mix pineapple. Fill 12 muffin cups. Bake at 370°F for 15 to 20 minutes.

Happiness is a habit - cultivate it!