



CHOCOLATE MUFFINS

(Yield – 12 small)

- 1 cups All-Bran (whole bran cereal)
- $\frac{3}{4}$ cup milk
- 1 egg
- $\frac{1}{3}$ cup soft shortening, butter or margarine
- 1 cup sifted Heckers or Ceresota Unbleached Flour
- 2 $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup cocoa
- $\frac{1}{2}$ cup chopped nuts

Preheat oven to 400°.

Combine All-Bran and milk; let stand until most of moisture is taken up. Add egg and shortening; beat well. Sift together flour, baking powder, salt, sugar and cocoa, mix with nuts. Add to first mixture, stirring only until all is moistened. Fill prepared muffin cups $\frac{2}{3}$ full. Bake in preheated oven about 20 minutes or until done.

Cream butter or margarine and sugar. Add egg; beat well. Use $\frac{1}{8}$ cup of the total flour to dredge the blueberries. Sift together remaining flour, baking powder and salt; add to creamed mixture alternately with milk. Blend lightly. Fold in berries. Fill prepared muffin cups $\frac{2}{3}$ full; bake in preheated oven about 20 minutes or until done.