



Good Morning Muffins

3 cups whole bran wheat cereal

1 cup boiling water

1/2 cup oil

2 eggs

2 1/2 cups flour

1 cup raisins

1 1/2 cups sugar

2 1/2 tsp. soda

2 tsp. cinnamon

2 cups yogurt

1/2 cup grated carrots

1 cup ch. nuts

1/2 cup shredded coconut

1/2 cup apricots

1/2 cup dates

Preheat oven to 400. Combine cereal and water. Stir in oil and eggs. Add remaining ingredients; blend well. Spoon batter into greased muffin pans 3/4 full. [Batter can be stored in tightly covered container up to 2 weeks]. Bake 18-20minutes.

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