from meimuffins.com -- Mary Edith's muffins are the Best!

Bran Muffins

Preheat oven to 375 degrees.

3c bran
1c boiling water

1/2 c canola oil
1/2 c honey
2 egg
2 c butermilk

2 c whole wheat pastry flour
1/2 c soy flour
2-1/2 t baking soda
1 t salt

Pour boiling water over bran.
Combine liquid ingredients and add.
Combine dry ingredients and add, stirring until only just mixed.

May add 1 c walnut pieces and put a walnut half on top.
May add 1/2 c raisins.
May substitute 1c mashed banana for 1c buttermilk.

Bake 20 min on an insulated cookie sheet. Makes 22 muffins.

These are moist and yummy!