

## **All-Bran Muffins**

2 T. shortening  
¼ c. sugar  
1 egg  
1 c. all-bran  
¾ c. milk  
1 c. flour  
½ t. salt  
2 ½ t. baking powder

Preheat oven to °400. Cream shortening and sugar thoroughly, add egg and beat well. Stir in all-bran and milk. Let soak until most of the moisture is taken up. Stir in flour, salt, and baking powder; add to first mixture and stir only until flour disappears. Fill greased muffin tins and bake for about 30 minutes. Makes 8 muffins.