

Wholesome Recipes

from the **Amazing Wheat Book**

by *LeArta Moulton*



Basic Bran Batter

A batter without yeast, Ready to Bake

This innovative Quick Bread recipe is the answer for cooking wholesome food for the 90's! It's quick, easy, inexpensive, nutritious, and a hit with any age. Always keep a supply in the refrigerator for a quick breakfast or an after school snack. All you do is bake it for 20 minutes.

Because of the acid in the buttermilk, this batter will keep 5 weeks or more. You add only a few extra ingredients to this basic batter to enjoy a variety of muffins, cupcakes, cakes, cookies and basic pancakes or waffles. You will find, in the Amazing Wheat Book, over 36 variation flavors to put with the basic bran recipe. Example, Apple cinnamon, Blueberry, Banana nut, chocolate, Honey Lemon, Gingerbread, Orange cranberry, Pumpkin, Tropical fruit, Date nut.....

Mix and Set Aside to cool:

4 C "100% Bran Cereal Buds" or "100% All Bran"*
2 C boiling water

Cream together in large bowl:

1 C vegetable oil
2 1/2 C honey or desired sweetener
4 eggs

Add and Mix well:

2 T soda
2 tsp salt
4 C buttermilk
Cooled bran and water mix
7 C whole wheat flour

Store in tightly covered container and keep refrigerated.

Yield: 13 Cups batter

****Substitute with any other type of cereal bran or flakes (bran, corn, rice, oats etc. either commercially or hand rolled.***