

Bran Crunch Muffins

*Submitted by: Alice Bauman
Wallenstein, ON*

<i>1 cup boiling water</i>	<i>2 tbsp molasses</i>
<i>2 cups bran</i>	<i>1-1/2 cups flour</i>
<i>1/2 cup butter or margarine</i>	<i>1/4 cup sesame seeds</i>
<i>2 tbsp poppy seeds</i>	<i>1/4 cup sunflower seeds</i>
<i>1 egg</i>	<i>1 tbsp baking powder</i>
<i>1/2 cup milk</i>	<i>1/2 tsp salt</i>
<i>1/2 cup br. sugar, packed</i>	

- * In large bowl, pour boiling water over bran, butter and poppy seeds. Stir until butter is melted.*
- * Cool. Stir in egg, milk, sugar & molasses.*
- * Combine remaining ingredients in large bowl.*
- * Stir cereal mixture into dry ingredients, stirring just until moistened.*
- * Grease large muffin cups or line with paper cups.*
- * Spoon into muffin cups, generously filling each.*
- * Bake at 400° F for 20 to 25 min. until golden.*

Molasses Crisp Cookies

*Submitted by: Carol Fraser
Embro, ON*

<i>3/4 cup butter</i>	<i>1 tsp cinnamon</i>
<i>1 cup sugar</i>	<i>2 tsp baking soda</i>
<i>1 egg</i>	<i>1 tsp cloves</i>
<i>1/4 cup molasses</i>	<i>1-1/2 tsp ginger</i>
<i>2 cups flour</i>	<i>Additional sugar</i>

- * Cream together butter & sugar. Add egg, beat well.*
- * Add molasses. Stir in dry ingredients & mix well.*
- * Shape dough into small balls (3/4"). Roll in sugar.*
- * Bake at 350° F for 10-12 min. Do not overbake.*