

RESCUE*RECIPE - COTTAGE CHEESE BRAN MUFFINS

INGREDIENTS

- 1 cup cottage cheese*
- 1 tsp baking soda

- ¾ cup brown sugar
- 1 egg
- ½ cup vegetable oil
- 1 ¼ cups wheat bran
- 1 ½ tsp vanilla

- 1 ¼ cups all purpose flour
- 2 tsp baking powder
- ¼ tsp salt
- ½ cup dry fruit (raisins or chopped dates) or whatever “treat” you like (even chocolate chips)

DIRECTIONS

Preheat oven to 350’ F or 180’ C

Step 1 – Mix cottage cheese (old yogurt or sour cream works well, too) with baking soda and set aside.



Step 2- In a separate large bowl; beat together brown sugar, egg, oil, bran and vanilla.

Step 3- In another smaller bowl, mix dry ingredients, flour, baking powder, salt and raisins.

Step 4 – Fold the first mixture (cottage cheese/ bs) into the large bowl of sugar, egg etc..

Step 5 – Fold in the dry ingredients until just mixed.

Step 6 - Drop batter by spoonful into 12-portion muffin baking tray. (lined or greased

Step 7 – Bake for 30 minutes. Cool on baking rack.

Serve with butter & jam if you’re not watching your calories.

FUNKY FOOD FACT:

COTTAGE CHEESE CAN BE PERFECTLY GOOD WEEKS PAST THE SELL BY DATE. BEST TO DO THE EYEBALL AND SNIFF TESTS... IF IT LOOKS GOOD (NOT YELLOW OR GREEN) AND SMELLS OK...