

This nutritious muffin will usually help with the older baby constipation problems.

High fiber and nutritious!

Let older baby eat as many as they want till the stools are soft. Then eat one or two per day if they tend to become constipated or hold their stools. Make sure baby gets plenty of fluids and other fiber rich foods in their diet.

Buttermilk Raisin Bran Muffins

1 quart buttermilk
1 15-ounce box raisin bran
3 cups sugar
1 cup Wesson oil
4 eggs
5 cups flour
5 teaspoons baking soda
2 teaspoons salt

Add buttermilk to bran. Let stand until liquid is absorbed.

Beat together sugar, oil and eggs until light and fluffy.

Sift together flour, soda and salt.

Blend into the egg mixture alternately with bran mixture.

Stir just until dry ingredients are moistened.

Fill paper muffin cups 3/4 full (or use teflon coated muffin tins)

Bake at 350° for 15 to 20 minutes. If paper cups are used, do not remove until muffins are cool.

Makes 48 to 50 muffins. (Mixture will keep in refrigerator and can be used as needed for 6 weeks.)

Note: I like baking the whole batch and freezing them.