

## English Tea Muffins

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Bring to boil 2 cups water, let cool & add 5 teaspoon soda.

In Bosch bowl cream together:

- 1 cup oil
- 2 cup sugar
- 4 eggs

Add:

- 5 cup freshly milled flour
- 1 tablespoon salt

Then add:

- 4 cups All-Bran cereal
- 2 cups 40% Bran Flakes
- 1 quart buttermilk
- the soda water
- 2 cups chopped dates
- 2 cups nuts, if you like

Refrigerate batter in a glass jar, not plastic, up to a month. Bake for 20 minutes in well-greased muffin tins at 350°. It gets better with age.

This recipe originated from Tupperware, featuring their large mixing bowl. It was a family favorite growing up.