



Maple English Muffin

Ingredients

1 c. milk	1 tsp. salt
3 T butter or margarine	¼ c. maple syrup
1 package active dry yeast	1 c. warm water
1 c. All-Bran cereal	¾ c. rolled oats
1 ½ c. whole wheat flour corn meal	2-3 c. all purpose flour

Directions

Scald milk; stir in salt and butter. Add maple syrup; cool to lukewarm. In a large bowl, dissolve yeast in warm water. Stir in lukewarm milk mixture, All-Bran, rolled oats and whole wheat flour. Beat until smooth. Add enough all purpose flour to make a stiff dough. Turn out onto a lightly floured surface; knead for about 2 min. or until dough can be formed into a ball. Dough will be sticky. Place in a lightly greased bowl; turn to grease the top. Cover, let rise in a warm place until doubled in bulk—about one hour.

Punch down dough; divide in half. Sprinkle cornmeal on a flat surface. Pat each dough half to a ¼" thickness. Cut into 4" circles. Place on ungreased baking sheets. Cover; let rise in a warm place until doubled in bulk, about ½ hr. Place circles on a lightly greased griddle. Bake over medium heat, uncovered, until browned, about 10 min. per side. Cool on wire racks. Makes 10-12 muffins.

Split, toast, spread with maple butter or cream cheese.