

## Hot Cereal Muffin

- 1 1/4 cups uncooked hot cereal
- 1/2 cup hot apple juice
- 2 tablespoons canola oil
- 1/3 cup honey
- 1 egg
- 1 cup buttermilk or yogurt
- 1 1/4 cups whole wheat pastry flour
- 1 1/4 teaspoons baking soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon grated orange rind
- 1/2 cup raisins

In a large mixing bowl, combine the cereal and apple juice.

Mix until well blended.

Mix in the oil, honey, egg, and buttermilk. In a small mixing bowl, combine the flour, baking soda, cinnamon, orange rind, and raisins.

Mix the dry ingredients into the cereal mixture. Fill 12 greased muffin cups with batter.

Bake at 400 degrees for 15 to 20 minutes.