Dark Gooey Bran Muffins

I'm sorry to admit I'm at the age where bran cereal in the mornings seems a good idea. I started the 10 day bran plan and found, to my pleasure, that the All Bran Buds is more like Grapenuts, which I love, than the traditional All Bran which seems to me to taste like hay. Anyway, my husband accidentally bought two big boxes of the kind I don't like and since I refused to eat it, I felt I had to do something with it, so I started looking for recipes for Bran Muffins. I've always loved the dark gooey kind and when I came across this recipe on line I thought I'd give it a try. It's said to be the Claim Jumper recipe but I don't know if it really is. But they are good so I'm passing it on.

What you need:

Muffin:

1 cup flour
1 cup bran cereal
¼ tsp baking powder
1 tsp baking soda
¼ tsp salt
1/3 cup dark brown sugar (packed)
¼ cup dark corn syrup
2 tbsp molasses
¼ cup cooking oil
1 egg
1/3 cup raisins
¼ tsp grated orange zest
½ cup skim milk

Glaze:
3 tbsp sugar or Splenda for baking
3 tbsp dark brown sugar (packed)
3 tbsp cooking oil
2 tbsp dark corn syrup
2 tsp water

How to assemble:

Preheat oven to 350◦.
Spray a twelve cup muffin tin generously with PAM

Glaze:
Assemble all the ingredients for the Glaze
Beat vigorously with a fork or whisk

Spoon equal amounts, a little less than a tablespoon, in each of the cups in the muffin tin.
Set aside

Muffin:
In a separate bowl combine the first five dry ingredients
Mix together and set bowl aside
In a Cuisinart or blender add the rest of the ingredients including the brown sugar
Using short bursts of speed blend all ingredients until the raisins are chopped
Pour the liquid into the bowl of dry ingredients and mix well
Pour batter evenly into the muffin tin
Bake in preheated oven for 20 minutes
Remove from the oven and immediately invert the muffin pan on a sheet of waxed paper or aluminum foil
Lift the muffin tin off and the muffins should come out easily with gooey side up on the paper
Cool and serve.

Notes: