Apple-Cinnamon Whole Wheat and Flax Muffins

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Nutrition Nugget: By cutting down the flour and adding oatmeal and ground flax seeds instead, these wholesome muffins are lower in sugar and higher in fibre, protein and healthy fats!

Makes: 12-14 muffins

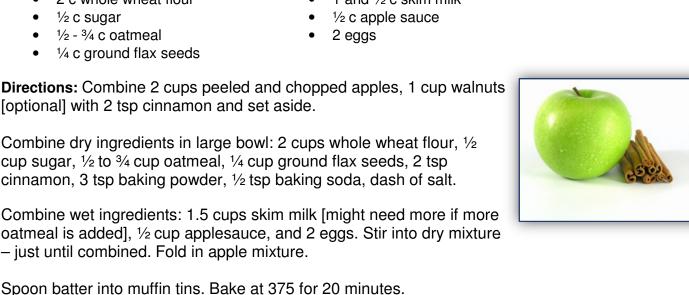
Ingredients:

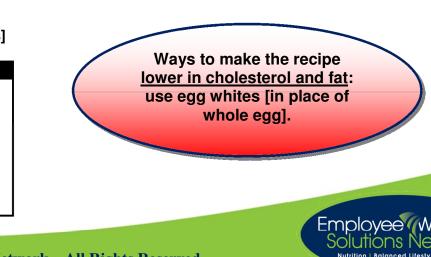
- 2 c peeled and chopped/apples
- 1 c walnuts (optional)
- 4 tsp cinnamon
- 2 c whole wheat flour
- $\frac{1}{2}$ c sugar
- 1/2 3/4 c oatmeal
- ¹/₄ c around flax seeds

- 3 tsp baking powder
- ¹/₂ tsp baking soda
- Dash of salt
- 1 and $\frac{1}{2}$ c skim milk









Nutritional Information:

Serving: 1 muffin [without walnuts]

Calories	134
Protein	5 g
Carbohydrate	23 g
Total fat	3 g
Fibre	4g
Cholesterol	49mg
Sodium	60 mg
Potassium	215 mg