

Muffin Recipe

Apple-Cinnamon Whole Wheat and Flax Muffins

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
- ½ c sugar
- ½ - ¾ c oatmeal
- ¼ c ground flax seeds
- 3 tsp baking powder
- ½ tsp baking soda
- Dash of salt
- 1 and ½ c skim milk
- ½ c apple sauce
- 2 eggs

Directions: Combine 2 cups peeled and chopped apples, 1 cup walnuts [optional] with 2 tsp cinnamon and set aside.

Combine dry ingredients in large bowl: 2 cups whole wheat flour, ½ cup sugar, ½ to ¾ cup oatmeal, ¼ cup ground flax seeds, 2 tsp cinnamon, 3 tsp baking powder, ½ tsp baking soda, dash of salt.

Combine wet ingredients: 1.5 cups skim milk [might need more if more oatmeal is added], ½ cup applesauce, and 2 eggs. Stir into dry mixture – just until combined. Fold in apple mixture.

Spoon batter into muffin tins. Bake at 375 for 20 minutes.

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



Ways to make the recipe lower in cholesterol and fat: use egg whites [in place of whole egg].