

Muffins from Mom's Kitchen

An EWSNetwork wellness consultant's mother has been making these delicious, healthy muffins for her family and we are pleased to share the recipe with you!

These muffins are low in fat & sodium but high in fibre, protein and most importantly, taste!

Ingredients:

Dry:

½ cup almond meal (gluten free) or whole wheat flour
½ cup bran
½ cup ground flax seeds
1 ½ cups old fashioned oatmeal
1 cup ground oatmeal
½ tsp sea salt
1 tsp baking soda
2.5 tsp baking powder
1 tsp cinnamon
½ tsp chopped walnuts or pecans
½ cup raisins

½ cup dried cherries or cranberries
1 small apple, chopped

Wet:

1 cup almond milk or regular milk
½ cup egg whites
½ cup applesauce
1 banana, mashed
½ cup molasses
½ cup honey

Preparation:

1. Preheat oven to 350°F. Line muffin tins with paper muffin cups.
2. In a medium bowl, combine all the dry ingredients and mix well.
3. In another medium bowl, combine all the wet ingredients until well blended.
4. Pour wet ingredients into bowl with dry ingredients and mix until combined.
5. Spoon mixture into each muffin cup until ¾ full.
6. Place in oven and bake until golden brown (approximately 25-30 minutes). Makes 24 muffins.



Nutritional Information (per muffin):

Calories: 149	Fat: 5g
Carbohydrates: 26g	Protein: 5g
Sodium: 75mg	Fibre: 3.5g
Sugars: 12g	

Enjoy!