

Flaxseed Morning Glory Muffins

Ingredients:

- 1 cup quick oats
- $\frac{2}{3}$ cup soy milk, vanilla
- 1 $\frac{1}{4}$ cup all purpose flour
- $\frac{1}{2}$ cup flax seed, ground
- $\frac{3}{4}$ cup apples, chopped
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup carrots, grated
- $\frac{1}{4}$ cup coconut, sweetened flakes
- 3 tsp. baking powder
- 2 tsp. cinnamon
- $\frac{1}{2}$ cup fat free egg beaters
- 1 tbsp. canola oil
- 1 tsp. vanilla



Nutrition Facts	
Serving Size 1 muffin (73g)	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 4g	
Vitamin A 15%	Vitamin C 2%
Calcium 8%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Heat oven to 375 degrees. Place paper baking cup in each 12 regular size muffin cups. Spray bottoms only of baking cups.
2. In large bowl, mix oatmeal and soymilk. Stir in remaining ingredients.
3. Divide batter evenly among muffin cups. Bake 22-25 minutes or until toothpick inserted comes out clean.
4. Immediately remove muffins from pan to cooling rack. Serve warm.