

Apple Walnut Muffins with Flaxseed

Ingredients:

- ¹/₄ cup flaxseed
- ³/₄ cup sifted unbleached flour
- 1 cup whole wheat flour
- ¹/₄ tsp. lite salt (or 1/8 tsp. regular salt)
- ¹/₄ cup sugar
- 2 tsp. baking powder
- 3 egg whites
- 2 Tbsp. grapeseed or avocado oil
- ³/₄ cup plain milk substitute or non-fat milk
- ¹/₂ cup chopped walnuts
- 1 large apple, diced

Instructions:

- 1. Pre-heat oven to 400° F.
- 2. Grind the flaxseed to a coarse meal in a blender or coffee grinder.
- 3. In a bowl, sift together the flour, salt, sugar, and baking powder. Stir in the flaxseed powder.
- 4. In a separate bowl, beat together the egg whites with the oil and soymilk.
- 5. Add the liquid ingredients to the dry ingredients and combine with a few swift strokes.
- 6. Stir the diced apples and the walnuts into the batter.
- 7. Fill oiled muffin tins two-thirds full and bake for 20-25 minutes.
- 8. Makes 12 muffins. Serving size: 1 muffin

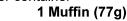


Servings: 12



Nutrition Facts

12 servings per container Serving size 1 Muf



Amount per serving Calories

2	0	0
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% Daily Value*
12%
5%
15%
2%
8%
14%
ugars 8%
6%
10%
6%
2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.