

# Apple Walnut Muffins with Flaxseed

## Ingredients:

- ¼ cup flaxseed
- ¾ cup sifted unbleached flour
- 1 cup whole wheat flour
- ¼ tsp. lite salt (or 1/8 tsp. regular salt)
- ¼ cup sugar
- 2 tsp. baking powder
- 3 egg whites
- 2 Tbsp. grapeseed or avocado oil
- ¾ cup plain milk substitute or non-fat milk
- ½ cup chopped walnuts
- 1 large apple, diced



Servings: 12



\*SOY FREE

## 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

## Nutrition Facts

12 servings per container  
Serving size **1 Muffin (77g)**

Amount per serving

**Calories 200**

% Daily Value\*

<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 7g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 6g	
Vitamin D 1mcg	<b>6%</b>
Calcium 132mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 84mg	<b>2%</b>

\*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.