

# Yummy Flax Muffins

## Ingredients:

- \* 1/2 cup whole wheat flour
- \* 1 cup all-purpose flour
- \* 3/4 cup ground flaxseed
- \* 3/4 cup oat bran
- \* 1/2 cup brown sugar, packed
- \* 2 tsp baking soda
- \* 1 tsp baking powder
- \* 1/4 tsp salt
- \* 2 tsp ground cinnamon
- \* 1-1/2 cups shredded carrots
- \* 1 cup pineapple tidbits, drained
- \* 1/2 cup raisins
- \* 1/3 cup + 1 tsp egg substitute
- \* 2 tbsp unsweetened applesauce
- \* 1 tsp vanilla
- \* 1 cup skim milk
- \* 1 tbsp lemon juice



## Directions:

Preheat oven to 350°. In large bowl, mix flours, flax, oat bran, brown sugar, baking soda, baking powder, salt, and cinnamon. Stir in carrots, pineapple, and raisins. Combine eggs, milk, lemon juice, applesauce, and vanilla in separate bowl. Add liquids to dry ingredients, stir until moist (batter will be lumpy). Coat muffin tin with non-stick spray. Pour batter in tins. Bake for 15 - 20 minutes, or until golden brown.

Bake time: 15 - 20 minutes

Yield: 18 muffins