



Flaxseed Apple Raisin Muffins

Shine **365**
Marshfield Clinic

PREP TIME: 30 minutes • **COOK TIME:** 30-35 minutes • **SERVINGS:** 12

INGREDIENTS

- 1 ¼ cup flour (can be partially whole wheat)
- ¾ cup ground flaxseed
- ⅔ cup sugar
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- 2 eggs
- 2 tablespoons canola oil
- ½ cup unsweetened applesauce
- 1 cup buttermilk
- ½ cup golden raisins

INSTRUCTIONS

Heat oven to 375 degrees. Spritz a muffin tin with cooking spray or use paper muffin cups.

In a large bowl, blend flour, flaxseed, sugar, baking powder, cinnamon, nutmeg and salt.

In a separate bowl, mix eggs, oil, applesauce, buttermilk and raisins. Add to large bowl of dry ingredients and mix only until combined. Scoop the batter into 12 muffin cups.

NUTRITION INFORMATION

Each serving contains about 231 calories; 9 grams fat; 34 grams carbohydrate; 6 grams protein.