

BRAN FLAX MUFFINS Contributed by Jennie 1/1/03

Source: "Bob's Red Mill flaxseed meal package"
<http://www.flaxcouncil.ca/flaxpd5.htm>

INGREDIENTS:

1-1/2 Cups- Unbleached white flour
3/4 Cup - Flax seed meal
3/4 Cup - Oat bran
1 Cup - Brown sugar
2 Teaspoons - Baking soda
1 Teaspoon - Baking powder
1/2 Teaspoon - Salt
2 Teaspoons - Cinnamon
1-1/2 Cups - Carrots, shredded
2 - Apples, peeled and shredded
1/2 Cup - Raisins (optional)
1 Cup - Nuts
3/4 Cup - Skim milk
1/2 Cup - Egg substitute
1 Teaspoon - Vanilla

INSTRUCTIONS:

In large mixing bowl, mix together flour, Bob's Red Mill flaxseed meal, oat bran, brown sugar, baking soda, baking powder, salt and cinnamon.

Stir in carrots, apples, raisins (if desired) and nuts.

Combine milk, beaten egg substitute, and vanilla.

Pour liquid ingredients into dry ingredients. Stir until ingredients are moistened. Do not over mix.

Fill muffin cups 3/4 full. Bake at 350° for 15-20 minutes.

Yield: The recipe says 15, but in my muffin pans, it made 24.

NOTE: Baked goods substituting flaxseed meal for cooking oil tends to brown more rapidly...be alert.

NOTES:
