

flax bran muffins

Serves 12

Preheat oven to 350°F.

Combine flour, flaxseeds, oat bran, sugar, agave, baking soda, baking powder, salt, and cinnamon in a large bowl and mix well.

Use a cheese grater to shred carrots and apples. Add carrots, apples, raisins, and nuts.

In a separate bowl, blend egg whites, milk, and vanilla.

Add liquid ingredients to dry ingredients; mix until just combined. Do not overstir.

Coat muffin tin with virgin coconut oil. Divide mixture into 12 muffin cups.

Bake for 25-28 minutes. Allow to cool slightly; remove from muffin tin to finish cooling.

- 1½ cups white whole wheat flour
- ¾ cup ground flaxseeds
- ¾ cup oat bran (use rolled oats and blend in coffee grinder or food processor)
- ½ cup brown sugar + 1 tablespoon agave nectar
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 2 teaspoons cinnamon
- 1½ cups carrots, shredded
- 2 medium apples, unpeeled, shredded
- ½ cup raisins
- ¾ cup chopped walnuts, toasted
- 3 egg whites (free-range)
- ¾ cup almond milk
- 1 teaspoon vanilla extract

tip► Make your own oat bran to use in baking by simply blending rolled oats in a food processor.



This is a favorite recipe from On Target Living. Our good friend Bonnie Klinger created it, and we have been proudly sharing it every since.

