



Whole Wheat Flax'n Apple Muffins

These muffins are full of healthy grains, apples and nuts in addition to flax seed which is high in fiber and omega-3 fatty acids.

Ingredients:

- ¼ cup ground flax seeds
- ¾ cup whole wheat graham flour
- ¾ cup white flour
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoons baking soda
- ½ teaspoons salt
- 1 egg, beaten
- 3 tablespoons canola oil
- ½ cup milk
- 1 ½ cups finely chopped apples
- ½ cup chopped pecan nuts

Directions:

1. Blend all dry ingredients together in a bowl
 2. In a separate bowl; combine egg, oil, and milk; add dry ingredients to egg mixture and stir until JUST blended.
 3. Fold in apples and nuts; batter will be thick
 4. Fill well-greased muffin cups 2/3 full; bake at 400 degrees for 18 to 20 minutes, or until tops spring back when touched.
- Makes 12 muffins.*

Nutrition Facts

servings per container	
Serving size	(61g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5%
Sodium 150mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 6g Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 123mg	10%
Iron 1mg	6%
Potassium 51mg	2%

*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.

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