

CARROT APPLE FLAX MUFFINS

Adapted from Bob's Red Mill

INGREDIENTS

1 ½ cups whole wheat flour
¾ cup ground flaxseed meal
¾ cup wheat germ (this can usually be found near the oatmeal in your grocery store)
½ cup brown sugar, packed
2 teaspoons baking soda
1 teaspoon baking powder
½ teaspoon salt
2 teaspoons cinnamon
1 ½ cups carrots, shredded
2 apples, cored and shredded (carrots and apples can be shredded quickly in a food processor if you have one)
1 – 1 ½ cups dark chocolate chips (you can substitute dried fruit such as raisins or cranberries if you don't like chocolate)
1 – 2 cups toasted nuts – walnuts or pecans (optional)
¾ cup milk
2 eggs, beaten
1 teaspoon vanilla

METHOD

Preheat oven to 350 degrees. Grease muffin tins or line with baking cups.

Mix together flour, flaxseed, wheat germ, brown sugar, baking soda, baking powder, salt and cinnamon in a large bowl. Stir in shredded carrots and apples, chocolate chips or dried fruit and toasted nuts if you are using them.

In a separate, smaller bowl, combine milk, beaten eggs and vanilla. Pour liquid ingredients into dry ingredients. Stir until it is even moistened and distributed, but do not over mix.

Fill muffin cups ¾ full and bake for 15 – 20 minutes or until a knife comes out clean.