

## Mighty Bran Muffins

### Ingredients:

1 ½ cup flour	1 tsp. baking powder	½ cup raisins
¾ cup flax seed	½ tsp. salt	¾ cup skim milk
¾ cup grape nuts	2 tsp. cinnamon	1 egg + 2 egg whites, beaten
1 cup brown sugar	1 ½ cup carrots, shredded	1 tsp. vanilla
2 tsp. baking soda	2 apples, diced	

Combine dry ingredients in a bowl. In another bowl, add milk, eggs and vanilla. Combine wet ingredients to dry ingredients and stir until well mixed. Line muffin tin and bake at 350°F until done (can stick with a toothpick and comes out clean). Allow 5 minutes to cool on cooling rack.

### Nutritional Information:

Total Fat: 6g (Unsaturated: 6g, Saturated: 0g, Trans: 0g) Carbs: 51g

Calories: 270 Fiber: 7g Protein: 7g

Sodium: 65mg Cholesterol: 4mg

