

APPLE FLAX RAISIN MUFFINS

INGREDIENTS

- 2 cups flour
- 1-1/4 cups sugar or sweetener
- 2 tsp baking soda
- 2 tsp cinnamon
- ½ tsp salt
- ⅓ cup milled flax seed
- 2 tbsp whole flax seed
- 2 cups grated carrots
- ½ cups raisins
- ½ cups chopped pecans or walnuts
- ½ cup coconut
- 1 grated apple
- 3 eggs, beaten
- 1 cup oil or applesauce
- 2 tsp vanilla
- ½ cup milk

DIRECTIONS

- Mix dry ingredients in a large mixing bowl
- Add remaining ingredients and mix well
- Bake in lightly greased muffin tins at 350° for 20 minutes, or when toothpick inserted in centre comes out clean
- Remove from pan and cool on baking rack
- Store in the fridge or freezer

