

# Total Health Muffins



NUTRITION CONSULTING INC.

*It's your health. Take a stand.*

**Makes 24 Muffins**

## What You Need

*Serve with a piece of fruit and a hard-boiled egg for a nutritious breakfast.*

1 1/2 cups whole wheat flour  
3/4 cup flax meal (ground flax seeds)  
3/4 cup oat bran  
1 cup brown sugar  
2 tsp baking soda  
1 tsp baking powder  
1 tsp salt  
2 tsp cinnamon  
3/4 cup skim milk  
2 eggs

1 tsp vanilla  
2 tbsp oil  
1 1/2 cups shredded carrots  
2 peeled shredded apples  
1/2 cup raisins  
1 cup chopped nuts (pecans, sunflower seeds)

## Per Serving

Calories 167  
Carbohydrates 25 g  
Protein 4 g  
Fat 7 g  
Dietary Fiber 4 g

## How You Prepare

Combine dry ingredients (first 8 ingredients). Combine milk, eggs, vanilla and oil. Stir in dry ingredients until just moistened. Stir in carrots, apples, raisins and nuts. Bake at 350 degrees F for 15 to 20 minutes.