

RECIPES

“Brought to you by the Chefs at Cancer Treatment Centers of America”

Apple, Nut and Carrot Bran Flax Muffins

3/4 cup whole wheat flour	2 tsp. cinnamon
3/4 cup all purpose flour	1 1/2 cup shredded carrots
3/4 cup flaxseed meal	3 peeled and shredded apples
3/4 cup oat bran	1/2 cup raisins
1/4 cup packed brown sugar	1 cup walnuts
2 tsp. baking soda	3/4 cup milk
1 tsp. baking powder	2 eggs
1/2 tsp. salt	1 tsp. vanilla

Mix together flour, flax meal, oat bran, brown sugar, baking soda, baking powder, salt and cinnamon in a large bowl. Stir in carrots, apples, raisins and nuts. Combine milk, eggs and vanilla. Pour liquid ingredients into dry ingredients. Stir until moistened. Do not over mix. Fill muffin cups 1/2 full. Bake at 350 degrees F for 15-20 minutes.

Nutritional Information:

One muffin contains 220 calories, 80 calories from fat, 9g fat, .5g sat. fat, 30 mg cholesterol, 310 mg sodium, 34g Carbohydrate, 5g dietary fiber, 21g sugar, 6g protein.

Recipe Tip:

A high fiber recipe is a natural way to detoxify the body, help with weight control by satisfying hunger and promote both GI health and heart health. Cinnamon is known to assist with stabilizing blood glucose levels and is also great for people with diabetes.

