

Flax, Carrot, Apple Muffins

Prep Time 15 mins
 Total Time 25 mins
 Meal Type Breakfast, Snack
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 12



Ingredients

lb,c g,ml

- 3/4 cup oats, rolled
- 1 1/2 cup whole wheat flour
- 3/4 cup flaxseed meal
- 1/4 cup maple syrup
- 2 tsp baking soda
- 1 tsp baking powder
- 2 tsp cinnamon
- 2 cup carrot, *shredded*
- 2 cup apple, *shredded*
- 3/4 cup almond milk, unsweetened
- 2 eggs
- 1 tsp vanilla extract

Directions

Prep

1. Preheat oven to 350°F. Grease a muffin tin or use paper liners.
2. Grind oats into flour in your food processor.
3. Shred carrots and apple.

Make

1. Mix together all dry ingredients and shredded carrots.
2. Whisk together apple, milk, eggs, and vanilla.
3. Add wet ingredients to dry and mix until just combined.
4. Pour batter into prepared muffin tin and bake for 10–12 minutes.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

| Nutrition Facts | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|--|-----------------------|----------------|-------------------|--------------------------------|
| | Total Fat 1.7g | | 2% | Total Carbohydrates 23g |
| Saturated Fat 0.3g | | 1% | Dietary Fiber 3g | 13% |
| Trans Fat 0.0g | | | Total Sugars 7g | |
| Cholesterol 31mg | | 10% | Protein 4g | |
| Sodium 199mg | | 8% | | |
| Vitamin D 0mcg 1% · Calcium 27mg 2% · Iron 1mg 4% · Potassium 174mg 3% | | | | |

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -