



# Carrot-Raisin-Flax-Nut Muffins

**Number of Servings:** 12

**Calories Per Serving:** 222

**CPF Ratio:** 58-11-31

## Cooking Instructions

- 1) In large bowl, mix together first seven ingredients.
- 2) In separate bowl, mix together egg substitute, sugar, applesauce, and yogurt until well blended.
- 3) Mix wet into dry ingredients, then fold in walnuts, carrots, and raisins.
- 4) Use paper muffin cups or spray the muffin pans with non-stick spray. Bake for 20-25 minutes at 350 degrees.

**\*Note:** Whole wheat pastry flour is the best to use for increased fiber and nutrients, but if you do not have whole wheat pastry flour, you can substitute with 3/4 cup whole-wheat flour and 3/4 cup all-purpose flour. (You can purchase whole wheat pastry flour at [www.bobsredmill.com](http://www.bobsredmill.com)). Consider doubling this recipe and freezing in individual servings for quick breakfasts or snacks.

**Nutrition Lesson:** Great source of omega-3 fatty acids (1.77 grams per serving) from flaxseed and walnuts. Great source of beta carotene from carrots and B-vitamins and vitamin E from wheat germ. If you use eggs versus using an egg substitute, choose Eggland's Best eggs for increased omega-3 fatty acids. Raisins and applesauce, and wheat germ provide fiber and act as a substitute for oil in the recipe.

### Exchanges Per Serving:

1 Bread & Cereal  
 1 Meat  
 1/2 Fruit  
 1 1/2 Fats

(2 Carbohydrate Choices)

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
PASTRY FLOUR	whole wheat	1 1/2 cup	180
FLAXSEED MEAL		3/4 cups	78
WHEAT GERM		4 tbsp	34
BAKING POWDER		1 1/2 tsp	4

Nutrition Information	
Serving Size: 1/12 of recipe (87g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 222	Calories from Fat 68
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 0g	<b>2%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 116mg	<b>5%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 5g	<b>21%</b>
Sugars 17 g	
<b>Protein</b> 6 g	
Vitamin A 52%	■ Vitamin C 13%
Calcium 4%	■ Iron 10%
<small>* Percent Daily Values are based on a 2,000 calorie diet</small>	

**Carrot-Raisin-Flax-Nut Muffins (continued)**

BAKING SODA		1/2 tsp	2
NUTMEG, GROUND		3/4 tsp	2
CINNAMON, GROUND		1 1/2 tsp	3
SUGAR	granulated	1/2 cup	101
RAISIN, SEEDLESS	natural	1/2 cup	80
APPLESAUCE	natural	3/4 cups	170
EGG ALTERNATIVE	"Egg Beaters"	1/2 cup	122
YOGURT, VANILLA	nonfat, sugar-free	1/4 cup	62
CARROT, RAW	grated	1 cup	110
WALNUTS	chopped	3/4 cups	90
	Recipe Total:		<u>1,038</u>
	Single Serving Total:		87