

### Flax Complete Muffins

1-1/2 cup whole wheat pastry flour	1-1/2 cups apples, shredded
3/4 cup <i>Flax Complete</i> *	1/4 cup currants or raisins
3/4 cup quick oats	3/4 cup crushed pineapple, undrained
2/3 cup brown sugar	4 egg whites, well beaten
2 teaspoons baking soda	1-1/2 teaspoon vanilla
1 teaspoon non aluminum baking powder	2 tablespoons sunflower oil
1/2 teaspoon salt	
1-1/2 teaspoons cinnamon	
1 cup carrots, shredded	

*\*If these Natural Ovens products  
are not available in your store,  
contact customer service.*

- In a large mixing bowl, combine flour, *Flax Complete*, oats, sugar, baking soda, baking powder, salt and cinnamon.
- Gently fold in carrots, apples, currants, pineapple, egg whites, vanilla and oil. Mix just until all ingredients are moistened. Do not overmix.
- Fill greased muffin tins 2/3 full.
- Bake 350° for 18-20 minutes or until toothpick comes out clean.



*Recipe created by Jean Ecos, Natural Ovens Test Kitchen Specialist*