



NUTRITION CONSULTING INC.

Total Health Muffins

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

Makes 24 Muffins

What you need:

- 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)



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.

Per serving:

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

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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