

Flaxseed-Raisin Muffins

From The New American Plate Cookbook



Canola oil spray (optional)
1 cup whole-grain rye flour
1 cup unbleached all-purpose flour
½ cup packed dark brown sugar
1 tablespoon baking soda
¼ teaspoon salt
½ cup chopped walnuts
2 large eggs
1 cup fat-free milk
6 tablespoons unsweetened applesauce
¾ cup chopped dates

Preheat oven to 400 degrees. Lightly coat a 12-cup muffin pan with canola oil spray or line with paper liners and set it aside.

In a large bowl, combine the rye flour, all-purpose flour, brown sugar, baking powder, salt, and walnuts. Set the mixture aside. In a smaller bowl, lightly beat the eggs. Add the milk, applesauce, and dates. Add the wet ingredients to the dry ingredients and blend just until combined. Divide the batter among the muffin cups.

Bake for 20 to 25 minutes, until a wooden toothpick inserted into the center of 1 muffin comes out clean and the crusts are golden brown. Cool in the pan on a wire rack for 5 minutes. Remove the muffins from the pan and continue cooking on the rack.

Makes 12 servings.

Per serving:

188 Calories

4g Total Fat (less than 1g Saturated Fat)

35g Carbohydrates

5g Protein

3g Dietary Fiber

196mg Sodium