

Ingredients

1 cup whole wheat pastry flour	1/4 cup unsweetened applesauce
1 tsp baking soda	1 Tbsp chia seeds
1 tsp cinnamon	3 Tbsp water, combine with chia seeds, let set for 15 min
1/8 tsp nutmeg	1/2 tsp vanilla
1/4 cup honey	1 apple, grated
1/8 canola oil	1/4 cup walnuts, toasted
6 Tbsp almond or soy milk	

Instructions

In a bowl mix together flour, baking soda, cinnamon and nutmeg. Set aside. In a separate bowl whisk together honey, canola oil, milk, applesauce, chia seed/water mixture and vanilla. Fold wet mixture into the dry mixture. fold in grated apple and walnuts. Be careful not to over mix. Scoop muffin mixture into muffin tins lined with paper.

Bake at 350° F for 30-40 minutes or until inserted tooth pick comes out clean.

Nutrition Information Per Serving

Serving Size: 1 each

6 servings

Calories: 220

Fat: 9 gm

Sodium: 220 mg

Fiber: 4 gm

Carbohydrates: 35 gm

Protein: 4 gm