

# Apple Cinnamon Flaxseed Muffins

## Ingredients:

- 1 cup whole wheat flour
- 1/2 cup ground flaxseed
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/3 cup maple syrup or honey
- 1/2 cup unsweetened applesauce
- 1/3 cup almond milk (or any plant milk)
- 1 tbsp apple cider vinegar
- 1 tsp vanilla extract
- 1 medium apple, peeled and finely chopped

## Instructions:

1. Preheat oven to 350°F (175°C). Line or grease a muffin tin.
2. In a large bowl, mix flour, flaxseed, baking powder, baking soda, salt, cinnamon, and nutmeg.

3. In another bowl, whisk maple syrup, applesauce, almond milk, vinegar, and vanilla.
4. Add wet ingredients to dry, stir until just combined. Fold in chopped apples.
5. Fill muffin cups  $\frac{3}{4}$  full and bake for 20–25 minutes, or until a toothpick comes out clean.
6. Cool before serving.

#### Benefits:

- Flaxseed is rich in omega-3s and fiber
- Apples add natural sweetness and antioxidants
- Cinnamon helps regulate blood sugar
- Great as a healthy breakfast or snack