



My Mom's Muffins

Recipe Source: www.thepioneerwoman.com

Yield: 12 muffins

Ingredients:

1 cup whole wheat flour
½ cup all-purpose flour
¼ cup ground flaxseed (flaxseed meal)
1 cup regular old-fashioned oats
6 Tbsp packed brown sugar
½ tsp salt
1 tsp baking soda
2 tsp baking powder
½ tsp ground cinnamon
½ cup walnuts or pecans, roughly chopped
½ cup raisins
1 cup low-fat buttermilk
1 egg
1 whole ripe banana, peeled and mashed with a fork
½ cup unsweetened applesauce
¼ cup molasses

Steps:

- Preheat the oven to 350°. Line a 12-count muffin tin with liners or lightly spray cups with cooking spray.
- In a large bowl, combine flours, flaxseed, oats, brown sugar, salt, baking soda, baking powder, cinnamon, walnuts, and raisins.
- In a separate bowl or liquid measuring cup, whisk together buttermilk, egg, banana, applesauce, and molasses.
- Pour the wet ingredients into the dry ingredients, stirring with a wooden spoon just until it barely comes together. Batter should be wet and sticky.
- Scoop ¼ cup helpings into each of the muffin cups and bake 16-18 minutes, or until golden brown. Let cool 2 minutes then remove muffins from tin.

Tips from the Test Kitchen: Use white (versus red) whole wheat flour for the best results. It will create a lighter texture, closer to muffins made with only all-purpose flour. Adding one teaspoon vanilla gives a richer flavor. A good way to check if muffins are done is to tap the top of a muffin gently with your finger. If it keeps the indent, let it bake for 1-2 more minutes. When the muffin barely springs back, it is done.



Nutritional Facts (per serving): Calories: 239, Carbohydrates: 38 grams, Protein: 5 grams, Total Fat: 9 grams, Saturated Fat: 1 gram, Cholesterol: 16 mg, Sodium: 253 mg, Fiber: 3 grams, Total Sugars: 19 grams.