

# UC-VEG

## Umpqua Community Veg Education Group

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# Christine's Muffins

## Ingredients:

- 1 1/2 cups whole wheat flour
- 1 1/2 cups wheat bran
- 2 tsp baking powder 1 tsp baking soda
- 1/2 tsp salt
- 1-2 tablespoons cinnamon (depends on your preference)
- For egg substitute-use 3 tablespoons of ground flax meal
- 1 cup almond milk
- 2-3 ripe bananas mashed
- 1 shredded apple
- 1 cup unsweetened applesauce
- 1/4 cup molasses
- 3/4 cup chopped walnuts
- 1/2 cup raisins

Combine all dry ingredients except for flax meal

Combine flax meal and almond milk in a separate bowl, and whisk well

Combine mashed banana, shredded apple, applesauce and molasses in a separate bowl, mix well.

Make a well in the dry ingredients and combine both bowls of wet ingredients.

Mix well combining walnuts and raisins at end, mixture may be stiff, so keep mixing and scraping sides of bowl to get all ingredients mixed well and combined together.

Spray muffin pan with light olive oil, distribute batter evenly.

Bake at 375 for 32-33 min till toothpick comes out clean.

ENJOY!