

# Flax Carrot Apple Muffin

Yield: 12 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-apple-muffin-recipe>

## Ingredients:

- 1 1/2 cups flour whole wheat
- 3/4 cup flaxseed ground
- 3/4 cup oats
- 1/2 cup brown sugar
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 2 teaspoons canela
- 2 cups grated carrot
- 2 cups apple grated
- 3/4 cup milk
- 2 large egg
- 1 teaspoon vanilla extract
- 1 cup cranberries dried

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 35 milligrams
4. Fat: 6 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 300 milligrams
9. Sugar: 10 grams

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