



Featured Recipe brought to you by the

Olson Women's Health Resource Center

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Carrot Muffins

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| 2 tablespoon ground flax | 1/2 cup rolled oats |
| 5 tablespoon water | 1 teaspoon baking soda |
| 3/4 cup almond milk or other plant-based milk | 1 1/2 teaspoons baking powder |
| 3/4 cup applesauce, unsweetened | 1/2 teaspoon salt |
| 1/2 cup maple syrup | 1 teaspoon ground cinnamon |
| 1 teaspoon vanilla extract | 1/4 teaspoon ground ginger |
| 1 1/2 cup whole-wheat flour | 1 cup grated carrot |

Preheat oven to 350 F. Place the ground flax in a small bowl and pour the water over it. Mix with a fork to incorporate and let stand for 5 minutes.

Add almond milk, applesauce, maple syrup, and vanilla extract to the bowl with the water and flaxseed mixture and mix well. In a large bowl, add whole flour, rolled oats, baking soda, baking powder, salt, ground cinnamon, and ground ginger. Mix well.

Pour the milk and flaxseed mixture into the large bowl with the flour. Mix until all has been incorporated. Add the grated carrot. Mix to incorporate.

Empty the mixture into the muffin molds by filling up to 3/4 capacity. Bake 20 minutes or until a toothpick is inserted into the muffin and comes out clean.

Makes 12 Muffins

One serving (one muffin):

Calories: 119	Cholesterol: 0 mg
Carbohydrate: 25.5 grams	Fiber: 2.9 grams
Protein: 4 grams	Sodium: 234 mg
Fat: 1.3 grams	Potassium: 579 mg
Saturated Fat: 0.2 gram	Sugar: 10 grams

Source: Physicians Committee for Responsible Medicine.

http://support.pcrm.org/site/MessageViewer?em_id=114281.0&dlv_id=129958

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Olson Wellness Exchange

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call or visit the Olson Center for Women's Health on the 4th Floor of the Durham Outpatient Center on UNMC's main campus, or register online at www.olsoncenter.com

