

Carrot and Zucchini Chia Seed Muffins

(Makes 10 servings)

Each tasty muffin contains chia seeds (high in Omega 3) and 4g of fiber!

Ingredients:

- 1-½ cups of whole-wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¼ cup ground chia seeds
- 2 teaspoons cinnamon
- ½ teaspoon cloves
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger
- ¾ cup 1% buttermilk
- 1 egg
- ¼ cup canola oil
- ¼ cup applesauce
- ¼ cup white grape juice concentrate
- 1 packed cup of grated zucchini (1 small)
- 1 packed cup of grated carrot (1 medium)
- ½ cup chopped walnuts
- ¼ cup golden raisins
- ¼ cup chopped dates

Directions:

- 1) Preheat oven to 375° F. Place paper muffin cups in 10 cups of a 12-cup muffin pan.
- 2) In a medium-size bowl, combine first nine ingredients.
- 3) In a separate bowl, mix buttermilk, egg, canola oil, applesauce and white grape juice.
- 4) Add the wet ingredients to the dry ingredients and combine well.
- 5) Fold in the zucchini, carrot, walnuts, raisins and dates. Save a few walnut pieces to top the muffins.
- 6) Pour the batter into 10 of the cups (2/3 full). (Fill the extra two spaces with water to prevent burning.) Sprinkle on the reserved walnuts.
- 7) Bake for 20 to 25 minutes. Muffins are done when a toothpick inserted into the center of a muffin comes out clean.

Nutritional Analysis: (per serving)

- Calories: 220
- Total Fat: 12 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Protein: 6 g
- Carbohydrates: 25 g
- Dietary Fiber: 5 g
- Sugars: 9 g
- Cholesterol: 20 mg
- Sodium: 200 mg

Source:

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