

Heartland Flax

A Division of PureTec International, Inc.

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MOVIN' MUFFINS

Mix:

4 eggs
1 C honey
1 C Canola Oil or Olive Oil
5 tsp soda
1 tsp salt
1 box Raisin Bran
1/2 box All Bran
4-5 C whole wheat flour
1 qt. buttermilk

Add:

3 handfuls raisins
4 handfuls craisins (dried cranberries)
1/3 jar wheat germ
5 oz. sunflower seeds
1 C Flaxseed meal or whole flaxseed

Lightly spray muffin pans with cooking spray or use paper liners. Bake at 350 degrees for 20 minutes or until done.