

## Recipes & Tips



# Live Well Live Long with Eleanor Schano



### Protein/Carb Combination Snack

#### Flax-Blueberry Muffin

**YIELD:** 12 muffins

**SERVING SIZE:** 1 muffin

**FLAX CONTENT:** 5.8 g per serving

#### Ingredients

##### TOPPING:

- 1/3 cup Quick oats
- 1/4 cup Brown sugar
- 1/4 cup Pecans, finely chopped
- 1/4 tsp Cinnamon
- 3 tbsp Non-hydrogenated margarine, melted
- 2 tbsp All purpose flour

##### MUFFINS:

- 1 1/2 cups All purpose flour, sifted\*
- 1/2 cup Milled flax (ground flaxseed)
- 1 1/2 tsp Baking powder
- 1/2 tsp Baking soda
- 1/2 tsp Salt
- 1/2 cup Sugar
- 1 tbsp Canola oil
- 1 cup Skim milk
- 1 tbsp Lemon juice
- 1 Egg
- 1 tbsp Vanilla
- 3/4 cup Blueberries, frozen, unsweetened wild

\*increase the protein content by using 1 cup of all-purpose flour and 1/2 cup of chickpea flour.

#### Preparation

Preheat oven to 350°F.

##### TOPPING:

Combine quick oats, brown sugar, pecans, cinnamon and flour; mix well. Add melted non-hydrogenated margarine; rub ingredients together.

##### MUFFIN

Combine flour, milled flax, sugar, baking powder, baking soda and salt; mix well. In a separate bowl, whisk together canola oil and egg. Add skim milk, lemon juice and vanilla. Whisk until well blended. Add dry ingredients to liquid. Stir until dry ingredients are thoroughly moistened. Add frozen berries. Gently fold into batter. Do not over mix. Spray muffin tin with non-stick vegetable spray. Fill each muffin cup with 1/4 cup of batter, then crown with topping. Bake for 20 minutes or until inserted toothpick comes out clean. Remove from oven. Cool on wire rack for 5 minutes. Remove from tin and cool to room temperature.

#### Nutrition Facts:

Calories: 219, Calories from Fat: 82

#### Percentage Daily Value:

Total Fat: 9.1g (14%), Saturated Fat: 2.5g (12%), Cholesterol: 24 mg (8%), Sodium: 187 mg (8%), Total Carbohydrates: 30.8g (10%), Dietary Fiber: 2.9g (12%), Sugars: 13.6 g, Protein: 4.7g, Vitamin A 3%, Vitamin C 3%, Calcium 8%, Iron 8%

#### Fun Flax Facts

As early as 400 BC, humans are known to have included flax in their diets. No less than the father of medicine himself, Hippocrates, prescribed flax to treat his patients.

In the 8th century, King Charlemagne is reputed to have passed laws requiring his subjects to consume flax regularly because he believed it was so advantageous to one's health.

Both Hippocrates and King Charlemagne were correct: flax is full of healthy goodness. It's a good source of fiber and Omega-3 fatty acids. It's also a good source of vegetable protein, containing a mix of amino acids, which are the building blocks of protein. The amino acid content of flax is similar to that of soy protein. Flax is also gluten free.

Both brown and golden flax seeds are equally beneficial, and it's easy to mill your own: simply put them in your coffee grinder, and grind as you would coffee. It takes less than a minute. Store in the refrigerator.

*\*Note: You can add flax to any baking recipe by substituting milled flax for part of the flour. Add 1/4 to 1/2 cup so as not to greatly change the taste of the recipe.*

