

Heart-Healthy Bran Muffins

These moist, delicious muffins are highly nutritious and heart-healthy. The oat bran and flaxseed meal contained in these muffins are a great way to lower cholesterol. The flaxseed meal will also give you an omega-3 boost, which may help to prevent heart disease. The muffins are also high in fiber. To increase their fiber content, you can also substitute wheat bran for the oat bran. They taste even better served with your favorite jam.



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3 tablespoons flaxseed meal

6 tablespoons water

½ cups whole wheat flour

1 cup oat bran

1 tsp baking soda

1 tsp baking powder

1 cup milk

¾ cup applesauce

½ cup honey

2 tablespoons olive oil

Preheat oven to 375 degrees. Mix together the 3 tablespoons of flaxseed meal and 6 tablespoons of water in a small cup and set aside. Mix the flour, oat bran, baking soda and baking powder. Add the milk, applesauce, honey, and olive oil. Pour in the flaxseed mixture. Stir all ingredients until combined and moist. Pour the batter into a greased or lined muffin tin. Fill each muffin cup ¾ full of batter. Bake for 15 minutes.

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