

Chia Muffins

Makes 14 Servings – Serving Size: 1 muffin each

Ingredients:

1 tablespoon Chia Seed
½ cup Orange Juice
1 ½ cup Whole Wheat Flour
2 teaspoon Cinnamon
½ teaspoon Nutmeg
2 teaspoon Baking Soda
½ teaspoon Salt
15 oz. Canned Pumpkin
¼ cup Extra Virgin Olive Oil
3 tablespoon Raisin Reduction
1 tablespoon Vanilla
¾ cup Chopped Walnuts – toasted
1 cup firm pack Fresh Apple – grated (5 ½ ounces by weight) (grate apple on large hole side)

Procedure:

Pre-heat oven to 350 degrees F. Combine chia seed with orange juice and let sit 15 minutes to swell chia seed. Then combine next five dry ingredients and mix with wire whisk. In separate bowl combine pumpkin, olive oil, raisin reduction, vanilla, walnuts and orange juice with chia seed. Mix these ingredients and then fold into the dry ingredients. Fold in fresh grated apple. Scoop into paper cups in muffin tins and bake for 40 minutes or until an inserted tooth pick comes out clean.

Nutritional Information per Serving:

Calories: 150	Sodium: 270mg	Sugars: 4g	Cholesterol: 0mg
Saturated Fat: 1g	Fiber: 3g	Protein: 3g	Carbohydrate: 17g

Chef Notes:

- Make these gluten free by using gluten free baking mix instead of whole wheat flour.

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