



Omega-3 Power Muffins

Prep Time: 15 minutes
Cook Time: 18 minutes
Total Time: 33 minutes
Servings: 12 muffins
Category: Breakfast / Snack
Cuisine: Healthy Baking

Ingredients

- 1 cup whole-wheat flour
- ¾ cup ground flaxseed meal
- ½ cup oat bran
- ¼ cup brown sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup grated apple (keep the peel on)
- ¾ cup milk of choice (dairy or plant-based)
- 1 egg (*or flax egg for vegan*)
- ⅓ cup olive oil

Instructions

1. **Preheat** your oven to **375°F (190°C)** and line a muffin tray with paper cups.
2. In a large bowl, **mix** whole-wheat flour, flaxseed meal, oat bran, brown sugar, baking powder, and cinnamon.
3. In another bowl, **whisk together** the grated apple, milk, egg, and olive oil.
4. **Combine** wet and dry ingredients, stirring gently until just mixed—don't overbeat.
5. **Spoon** the batter evenly into the muffin cups, filling each about ¾ full.
6. **Bake** for 18 minutes or until a toothpick inserted in the center comes out clean.
7. **Cool** on a wire rack before serving.

Nutrition Values (per muffin)

Nutrient	Amount
Calories	140 kcal
Protein	4 g
Fat	7 g
Carbohydrates	15 g
Fiber	3 g



FLAVORFUL HEART

NORISHING PLATE & HEARTSTRING OF LOVE

Omega-3s	1.9 g
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Health Benefits

- Rich in **plant-based omega-3s** that support heart and brain health.
- **High fiber content** aids digestion and helps you feel full longer.
- A great **pre-workout snack** that provides lasting energy.
- Contains **healthy fats** from flaxseed and olive oil for glowing skin.

Pro Tips

- For extra crunch, add a handful of **walnuts or sunflower seeds** to the batter.
- Use **maple syrup** instead of sugar for a refined-sugar-free option.
- Store muffins in an **airtight container** at room temperature for up to 3 days, or freeze for 2 months.