

Flax Lemon Poppy Seed Muffins

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| ½ cup | dark raisins | 125 | mL |
| 1 ½ cups | all purpose flour, sifted | 375 | mL |
| ½ cup | milled flax | 125 | mL |
| ½ cup | sugar | 125 | mL |
| 1 ½ tsp. | baking powder | 7 | mL |
| ½ tsp. | salt | 2 | mL |
| 1 cup | skim milk | 250 | mL |
| 1 | egg | 1 | |
| 1 tbsp. | poppy seed | 15 | mL |
| 1 tbsp. | lemon zest | 15 | mL |
| 1 tsp. | vanilla | 5 | mL |

- Preheat oven to 350° F (180 °C).
- Cover raisins with hot water and soak for ½ hour.
- Combine flour, milled flax, sugar, baking powder and salt; mix well.
- In a separate bowl, beat egg; then add skin milk, poppy seed, lemon zest and vanilla; mix well.
- Add dry ingredients to liquid. Gently stir until dry ingredients are thoroughly moistened.
- Drain raisins.
- Add raisins to batter and stir.
- Spray muffin tin with non-stick vegetable spray.
- Fill each muffin cup to ¼ cup (50 mL) of batter.
- Bake for 18 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.

Yield: 12 muffins

Serving Size: 1 muffin

Single Serving Nutrient Values

| | |
|---------------------|----------|
| Calories | 165.7 |
| Protein | 4.25 g |
| Carbohydrate | 32.07 g |
| Fat | 2.58 g |
| Cholesterol | 0.42 mg |
| Saturated Fat | 0.29 g |
| Monounsaturated Fat | 0.48 g |
| Polyunsaturated Fat | 1.63 g |
| Dietary Fibre | 2.54 g |
| Sodium | 178.2 mg |
| Potassium | 146.1 mg |