

## CHOCOLATE PUMPKIN MUFFINS

### Ingredients

1 15 oz can Pumpkin  
1 box Chocolate Cake Mix  
1/3 cup Water  
1/4 cup Egg Substitute  
1/4 cup Ground Flax Seeds  
1/2 tsp Cinnamon

Combine all ingredients together, just until blended. Bake at 350 for 20 minutes.

### Nutrition

1 Muffin: 75 calories, 1 gm protein, 1 gm fiber, 5.5 gm sugar

## HOLIDAY MUFFINS

### Ingredients

1 cup Whole Wheat Flour  
1/2 cup All Purpose Flour  
1 cup Oats  
3/4 cup Brown Sugar  
1 Tbsp Wheat Bran  
2 tsp Baking Soda  
1/4 tsp Salt  
1 tsp Cinnamon  
1 cup Plain Fat Free Yogurt  
1 cup Mashed Banana  
1 Egg  
1 cup Raisins  
1/4 cup Walnuts  
1/4 cup Pistachio Nuts  
3 Tbsp Ground Flax Seeds

Combine dry ingredients in a large bowl. Make well in center. Add yogurt, banana and egg. Stir just until moist. Stir in remaining ingredients. Spoon into 18 muffin cups.

Bake at 350 for 20 minutes.

### Nutrition

1 Muffin: 165 calories, 5 gm protein, 30 gm carbohydrate, 3.5 gm fiber

## The Nutrition Edge

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