



Flaxseed Muffin Mix

Directions

- 4 large eggs
- 4 tsps of real vanilla
- 2 cups of canola oil
- 1/4 cup of clover honey
- 4 cups of unsweetened applesauce
- 1/2 cup chopped walnuts
- 1-1/2 cup FlaxSnax cranberries (1/3 of pouch or about 10 oz.)
- 1 pouch FlaxSnax flaxseed muffin mix (56 oz.)

Beat eggs well. Blend in all other wet ingredients and mix well.

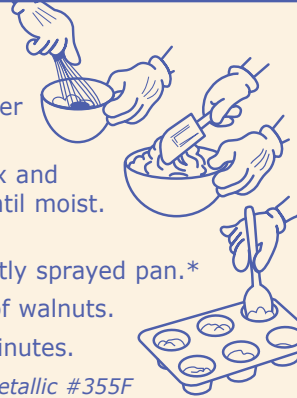
Fold in FlaxSnax dry muffin mix and cranberries by hand and stir until moist. Avoid overblending.

Portion into baking cups of lightly sprayed pan.*

Top each muffin with sprinkle of walnuts.

Bake at 350° F. for 33 to 34 minutes.

* Preferred muffin pan: Chicago Metallic #355F for perfect crown with 4.4 ounce muffins



INGREDIENTS: Whole Ground Flaxseed Meal, Sugar, Unbleached Flour (Wheat Flour, Enriched, Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Cinnamon, Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Starch, Calcium Sulfate, and Monocalcium Phosphate), Salt, Sodium Bicarbonate.

NET WT 56 OZ (3LBS 8OZ)

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