



## NutraFiber® Flakes™

### Whole Wheat High Fiber Muffins



#### What you need:

1/2 cup and 3 tbsp water

1 cup and 1/4 cup whole wheat flour

3/4 cup brown sugar

1 large egg

2 tbsp vegetable oil

1 tbsp honey

1 tbsp NutraFiber® Flakes™

1 1/2 tsp baking powder

1 tsp salt

#### Instructions:

1. Preheat oven to 400° F.
2. Mix all the dry ingredients for 2 minutes.
3. Add water, egg and oil.
4. Mix all the ingredients until uniform (~ 1 – 2 minutes).
5. Pour the batter into large baking cups in muffin baking trays.
6. Bake for 20 minutes until done.

Nutritional Information Serving size: 1 Muffin (55 g)	Amount per serving
Total Carbohydrates, g	28.0
Total Fiber, g	2.6
Net Carbohydrates, g	25.4
Total Protein, g	2.7
Total Fat, g	3.6
Total Calories, Cal	151

Comparison of USDA plain muffin made with 2% Milk
23.0
1.5
21.5
3.8
6.3
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