

# Flax Meal Cinnamon Muffins



Makes 12 muffins

Ingredients:

- 3 eggs
- $\frac{1}{4}$  cup plus 2 tablespoons oil
- $\frac{1}{4}$  cup sugar free syrup\*
- 2 tablespoons water
- 1 tablespoon vanilla extract
- 1 cup flax meal
- $\frac{1}{2}$  teaspoon baking soda

Adapted from GenaW.com (Linda's Low Carb)

- 1/2 teaspoon baking powder
- 2 tablespoons ground cinnamon

Instructions:

1. Pre-heat oven to 350°F.
2. In a medium bowl, beat eggs with a fork. With a fork and spoon, beat in the oil, syrup, water, and vanilla.
3. In a small bowl, combine the remaining dry ingredients, then stir into the egg mixture. Let stand for 5 minutes.
4. Spoon batter into a well-greased muffin tin without paper liners. Bake for 12-15 minutes, or until they are lightly browned and seem set to the touch. Remove from the tin immediately, and transfer to a cooling rack. Store in the refrigerator.

Note:

\*Such as Torani coffee syrup, vanilla flavor.

Nutrition per muffin: Calories 138; Total Fat 12.1 g; Saturated Fat 1.8 g; Monounsaturated Fat 2.8 g; Polyunsaturated Fat 6.8 g; Total Carbohydrates 4.5 g; Dietary Fiber 3.2 g; Sugar Alcohols 0.0 g; Sugars 0.8 g; Protein 3.3 g; Sodium 91 mg