Juice Pulp Muffins

[PRINT](http://www.eat-yourself-skinny.com/easyrecipe-print/6102-0/)

Recipe adapted from [Never Homemaker](http://www.neverhomemaker.com/2014/01/juice-pulp-bread-muffins-recipe.html)

Serves: 24 muffins (make 3 batches for a salad bar)

Can make ahead and freeze :-)

INGREDIENTS

* 3 cups whole wheat flour
* ¼ cup flax seed meal
* ½ tsp. salt
* 1 Tbsp baking powder
* 1 tsp. cinnamon
* ½ tsp. nutmeg
* 2 cups fruit/veggie pulp
* ½ cup plain Greek yogurt
* 1 cup apple sauce
* ½ cup maple syrup or honey
* 1 tsp. vanilla extract
* Optional...other things like frozen raspberries, raisins, chocolate chips

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine the flour, flax meal, salt, baking powder, cinnamon and nutmeg together. Then add in the pulp followed by the yogurt, apple sauce, maple syrup/honey and vanilla extract.
3. Mix until just combined and add more apple sauce if too thick.
4. Add batter to lined muffin tins. Bake for 20 to 25 minutes. Muffins will be done when a toothpick inserted into the middle comes out clean. Enjoy!