



## Challenge Day 7

# Chew's Challenge



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## Big Brain Bar

### Ingredients

3 1/2 cups flax seeds

1 cup nut butter

1 tsp salt

1 Tbsp vanilla

1 1/4 cups. honey

1/2 Cup walnut



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## Lemon Poppy Seed Muffins

### Ingredients

2 cups flour

2/3 cup sugar

1 Tbsp baking powder

5 tsp poppy seed

1/2 tsp salt

3/4 cup milk

1/4 cup fresh lemon juice

1/2 cup oil

2 Tbsp lemon zest

2 tsp vanilla

