Directions:
1. Preheat oven to 350° F. Line a muffin tin with liners or spray with cooking spray.
2. Stir together whole wheat flour, white flour, sugar, baking powder, and chia seeds in a medium bowl.
3. Mix together milk, oil, eggs and lemon juice in a small bowl.
4. Pour wet ingredients into dry ingredients. Stir until just combined. Divide the batter into the muffin tins.
5. Bake until the muffins are golden and a tester inserted into the center of a muffin comes out clean. This should take about 16 – 18 minutes.

Tips:
• Use 1 Tablespoon of lemon zest and 3 Tablespoons fresh lemon juice in place of the 1/3 cup lemon juice.

Nutrition Facts per Serving: 180 calories, 8g total Fat (1g sat. fat), 30mg. Cholesterol, 80mg Sodium, 26g Carbohydrates, 2g Fiber, 10g Sugar, 4g Protein