

Breakfast Apple Muffins

Serves: 12

Total Time: 45 min

Supplies

- 12-count muffin tin
- 1 large bowl
- 1 medium bowl
- Cupcake liners
- 1 whisk
- 1 rubber spatula
- 1 spoon

Ingredients

- 2 cups whole wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- ½ tsp salt
- 2 large eggs, room temperature
- ¾ cup unsweetened smooth applesauce, room temperature
- ⅔ cup maple syrup, room temperature
- ⅓ cup vegetable oil
- 1 ½ tsp vanilla extract
- 2 cups apple, grated or shredded
- ¾ cup walnuts, chopped (optional)
- 1 tbsp coarse sugar (optional)

Instructions

- Preheat oven to 425°F
- Prep 12-count muffin tin with nonstick spray or liners
- Mix flour, baking powder, baking soda, cinnamon, allspice, and salt in a large bowl.
- In a separate medium bowl, whisk together eggs, applesauce, syrup, vegetable oil, and vanilla extract.
- Pour the wet ingredients into the bowl of dry ingredients and stir the mixture a few times to combine, being careful not to overmix
- Fold in the apples and walnuts with a rubber spatula.
- The batter should be very thick.
- Spoon the thick muffin batter into the prepared pan, filling all the way to the top
- Sprinkle with coarse sugar
- Bake for 5 minutes, then without opening the oven, reduce the temperature to 350°F and continue baking for another 16-18 minutes
- Cool, serve, and enjoy