

# Apple Muffins

## Ingredients

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- 1 3/4 c Wheat Flour
- 1 1/2 t Baking Powder
- 1 t Cinnamon
- 1/2 t Baking Soda
- 1/2 t Salt
- 2 c Apple (1 cup grated, 1 cup diced)
- 1/3 c Vegetable Oil
- 2 Eggs
- 1/2 c Greek Yogurt
- 1/2 c Applesauce
- 1 t Vanilla Extract
- 1 T Turbinado Sugar
- 1/2 c Maple Syrup

## Instructions

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- 1.Preheat oven to 425 degrees. Spray all 12 cups on your muffin tin with non-stick cooking spray.
- 2.In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda and salt. Blend well with a whisk. Add the grated apple and chopped apple. Stir to combine.
- 3.In a medium mixing bowl, combine the oil and maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt, applesauce and vanilla and mix well. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). The batter will be thick.
- 4.Divide the batter evenly between the 12 muffin cups. Sprinkle the tops of the muffins with turbinado sugar. Bake muffins for 13 to 16

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minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.

5. Place the muffins on a cooling rack to cool.

Serve immediately.