

Apple Muffins

Dry ingredients:

2 ½ cups whole wheat flour, spoon & leveled

¾ cup packed brown sugar

3 tsp. baking powder

1 tsp. ground cinnamon

1/8 tsp. salt

Wet ingredients:

1 medium-sized apple, chopped roughly or finely

1 cup plant milk

½ apple sauce

1 T. apple cider vinegar

1 tsp. vanilla extract

Topping:

½ medium-sized apple, chopped roughly or finely

2 T. brown sugar

Instructions:

1. Preheat oven to 350 degrees. Line a muffin tin with liners or spray lightly with cooking spray.
2. Add all dry ingredients to medium bowl and mix until well combined. Add all the wet ingredients (except the apple) and mix until just before combined. Add chopped apples and fold until the apple is evenly distributed.
3. Divide batter into your muffin tin.
4. Scatter the remaining chopped apple and brown sugar on top of each muffin.
5. Bake for 20-25 minutes OR until toothpick comes out with no wet batter on it.
6. Cool muffins in tin for 10 minutes, then allow to cool on wire rack.

Muffins can be stored at room temperature for 2 days, in the refrigerator for 3 days or in the freezer for up to 1 month.