

Apple Pie Muffins

Makes 8 large muffins (or 12 standard sized muffins)



Ingredients

- 2 ¼ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 egg
- 1 cup buttermilk
- ½ cup canola oil
- 1 teaspoon vanilla extract
- 1 ½ cups packed brown sugar
- 2 cups diced apples

For the Topping

In a small bowl mix together using a fork:

- ¼ cup brown sugar, ⅓ cup almond flour,
- ½ cup rolled oats, 1 teaspoon cinnamon and 2 tablespoons canola oil.

Steps

1. Preheat oven to 375°F. Line a standard muffin pan/tin with paper liners (or spray well with non-stick spray).
2. In a large bowl stir together the flour, baking soda and salt.
3. In a small bowl whisk together the egg, buttermilk, oil, vanilla and brown sugar until the sugar has dissolved. Pour into flour mixture and mix until combined.
4. Add the diced apples and fold gently. Be careful not to over mix the batter.
5. Fill 12 cups (if using standard papers) or 8 cups (if using fancy fluted ones that hold more - Amazon sells them) cups with the batter. Sprinkle each muffin with some of the topping mixture.
6. Bake for 20 - 25 minutes or until the center is no longer wet (but has crumbs instead) when a toothpick is inserted. Let cool before removing from pan to a wire rack. These are best eaten the day of but will keep for a few days stored in an airtight container.