

Fresh Peach Muffins

Makes 8 large muffins



These were baked without peach slices on top.

Ingredients

- 1 ½ cups all-purpose flour
- ½ cup sugar
- 1 tablespoon maple syrup
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon kosher salt
- ⅓ cup canola oil
- ¼ cup apple sauce
- 1 large egg
- ½ cup milk (any kind)
- 1 teaspoon pure vanilla extract
- 2 cups chopped fresh peaches (or canned works too)

For the Topping

- Mix together 1 tablespoon almond flour with 2 tablespoons sugar and a couple pinches cinnamon
- 8 peach slices (about ½ of a peach)

Steps

1. Preheat oven to 400°F. Line a standard muffin pan/tin with paper liners (or spray well with non-stick spray).
2. In a large bowl whisk together flour, sugar, baking powder, cinnamon and salt.
3. In a medium bowl (or large measuring cup) whisk together the canola oil, egg, milk, maple syrup, applesauce and vanilla until well-combined. Pour this mixture into the bowl with the dry ingredients and stir until just combined. Do not overmix.
4. Fold-in the chopped peaches and scoop batter evenly into 8 muffin cups. Top each batter cup with a peach slice. Sprinkle the flour/sugar topping mixture over the peach slices on all the muffins.
5. Bake for 15 - 20 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.