

APPLE CINNAMON CRUNCH MUFFINS

<http://andreasrecipes.com/2008/02/22/apple-cinnamon-crunch-muffins/>

Adapted from Ann Meyers.

Makes 12 muffins.

EQUIPMENT

small bowl
medium bowl
large mixing bowl
muffin tin, coated with cooking spray
#20 scoop (optional)

INGREDIENTS

1 egg, beaten
1/2 cup (118 ml) skim milk
1/4 cup (59 ml) canola oil
1 cup tart apple, grated with the skin on (about 2 medium apples)
1-1/2 cups (180 g) unbleached all-purpose flour, sifted
1/4 cup (44 g) sugar
2 teaspoons baking powder
1/4 teaspoon salt
1/2 teaspoon cinnamon

NUT CRUNCH TOPPING (Makes enough for two batches.)

1/3 cup (58 g) packed brown sugar
1/3 cup (25 g) chopped walnuts
1/2 teaspoon ground cinnamon

PREPARATION

1. Preheat oven to 400° F/200° C.
2. Mix the topping ingredients in the small bowl and set aside.
3. In the large mixing bowl, beat the egg. Stir in the milk, oil, and grated apple.
4. In the medium bowl sift together the flour, sugar, baking powder, salt, and cinnamon. Add to egg mixture, stirring just until flour is moistened. Batter will be a bit lumpy, so don't over

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mix.

5. Immediately put one scoop full of batter into each greased muffin cup (2/3 full) and then lightly sprinkle the crunch mixture on top. Bake for 20 to 25 minutes, until golden brown.