

Jenny's Apple Muffins

These amazing muffins have a sweet, crispy top and are moist & delicious inside. I like to serve them as dessert after breakfast. The best part is... there is no butter in the whole recipe!

Topping:

1/4 cup sugar

3/4 teaspoon cinnamon

Batter:

1 1/2 cups all purpose flour

3/4 cup whole grain pastry flour

1/2 cup sugar

2 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon cinnamon

1 cup low-fat buttermilk

1/3 cup canola oil (preferably organic, expeller-pressed)

2 eggs

1/2 teaspoon vanilla

2 large Granny Smith apples

1. Preheat oven to 400°.
2. Grease a 12-cup muffin pan or insert paper liners.
3. Combine topping ingredients (sugar + cinnamon) and set aside.
4. Sift dry ingredients into a large bowl.
5. In another bowl, combine buttermilk, oil, eggs and vanilla.
6. Peel, core, and quarter apples. Finely dice enough apple to make 1 cup. Slice remaining apple into 1/4-inch slices.
7. Gently fold liquid and dry ingredients together. Fold in diced apple.
8. Divide batter into muffin cups and press 4 or 5 apple slices into each muffin, pushing in so batter puffs up around apples.
9. Sprinkle with topping mixture and bake about 20 minutes.
10. Let stand 5 minutes and remove from pan.

Makes 12 muffins