

Matcha and Apple Muffins



Discover our irresistible recipe for matcha and apple muffins, a harmonious fusion of vitality and indulgence. Perfect for breakfast or snacks, these muffins provide a flavorful and energizing experience.

Preparation 15 min

Cooking 15-17 min

Servings 12

Nutrition Facts (per serving)

Calories 140

Fat 4

Carbohydrates 20

Fibre 1

Protein 3

Sodium 80

Ingredients

- 375 ml (1 ½ cups) all-purpose flour or wheat flour
- 65 ml (1/4 cup) brown sugar
- 15 ml (1 tablespoon) unsweetened shredded coconut
- 5 ml (1 teaspoon) baking powder
- 1 ml (1/4 teaspoon) salt
- 15 ml (1 tablespoon) matcha powder

- 250 ml (1 cup) soy milk (or other plant-based milk)
- 65 ml (1/4 cup) margarine or melted coconut oil
- 30 ml (2 tablespoons) maple syrup
- 1 apple, diced into small cubes
- 65 ml (1/4 cup) choice of chopped nuts

Preparation

1. Grease the muffin molds and preheat the oven to 350 degrees F (175 degrees C).
2. In a bowl, mix the flour, brown sugar, shredded coconut, baking powder, salt, and matcha powder. Set aside.
3. In another bowl, whisk together the egg, soy milk, margarine or melted coconut oil, and maple syrup.
4. Add the dry ingredients, mix well, then fold in the apple cubes and chopped nuts.
5. Divide the mixture into the 12 muffin molds.
6. Bake for 15 to 17 minutes. Allow to cool and enjoy!

Notes



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