

Muffins with Apples and Spices



Explore our irresistible recipe for Apple and Spice Muffins, a delight to slip into your lunchbox. Tasty and easy to make, these muffins are a winning choice every time!

Preparation 15 min

Cooking 13 min

Servings 12

Nutrition Facts (per serving)

Calories 190

Fat 9

Carbohydrates 23

Fibre 3

Protein 5

Sodium 50

Ingredients

- 425 ml (1 $\frac{3}{4}$ cup) of whole wheat flour
- 7.5 ml (1 $\frac{1}{2}$ tsp) baking powder
- 2.5 ml (1/2 tsp) Garam Masala
- 5 ml (1 tsp) cinnamon
- 2.5 ml (1/2 tsp) nutmeg
- 2 apples, cut into small cubes

- 85 ml (1/3 cup) maple syrup
- 2 large eggs
- 125 ml (½ cup) plain yogourt 2%
- 5 ml (1 tsp) vanilla extract
- 125 ml (½ cup) applesauce
- 85 ml (1/3 cup) walnuts

Preparation

1. Preheat the oven to 425°F (215°C) and butter the muffin pan.
2. In a large bowl, mix flour, baking powder, spices and apples together.
3. In another bowl, mix vigorously with a fork the melted butter (or oil) and the maple syrup. Add the eggs and whisk. Put the yogourt, the vanilla, the applesauce, and mix again.
4. Put the liquid ingredients with the dry ingredients and mix with a wooden spoon until it gets smooth.
5. Add the nuts and mix gently.
6. Pour the preparation in the 12 cups.
7. Put in the oven for 12 to 15 minutes or until a toothpick comes out clean.
8. Take out of the oven and allow to cool down before unmolding.

Notes



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