

Apple Muffins



Indulge in the irresistible flavors of our homemade Apple Muffins, a delightful treat bursting with juicy apples and warm spices that will surely satisfy your cravings.

Preparation 20 min

Cooking 25 min

Servings 12

Nutrition Facts (per serving)

Calories 200

Fat 6

Carbohydrates 32

Fibre 5

Protein 5

Sodium 10

Ingredients

- 250 ml (1 cup) unsweetened applesauce
- 250 ml (1 cup) unsweetened plant-based beverage (or milk of choice)
- 125 ml (½ cup) maple syrup
- 80 ml (? cup) natural nut butter
- 10 ml (2 tsp) vanilla extract
- 5 mL (1 tsp) white vinegar

- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 5 ml (1 tsp) cinnamon
- 2 small apples, seeded and diced
- 125 ml (½ cup) chopped walnuts

Preparation

1. Preheat the oven to 190°C (375°F) and grease 12 muffin cups.
2. In a large bowl, combine applesauce, plant-based beverage, maple syrup, nut butter, vanilla extract and vinegar.
3. Add flour, baking powder and cinnamon and mix well. Add apples and walnuts, reserving a few pieces to decorate muffins.
4. Divide the mixture between the muffin cups and top with the reserved apple and walnut pieces.
5. Bake for 20–25 minutes until a toothpick inserted in the center of a muffin comes out clean.
6. Let cool before unmoulding and enjoying.

Notes

Can be stored for 4 days in the refrigerator or 2 months in the freezer.



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