

Whole Wheat Apple Cinnamon Muffins



Servings:

14

Prep Time:

10 minutes

Cook Time:

20 minutes

Ingredients

- 2 cups **Whole Wheat Flour (or White Whole Wheat)**
- 1 tsp **Baking Soda**
- 1 tsp **Baking Powder**
- 2 tsp **Cinnamon**
- ¼ tsp **All Spice**
- ½ tsp **Salt**
- 3 **Eggs**
- 2/3 cup **Pure Maple Syrup**
- 1/3 cup **Coconut Oil**
- 1/3 cup **Unsweetened Applesauce**
- 1 ½ tsp **Vanilla Extract**
- 2 cups **Grated Fuji Apple**

Method of Preparation

Step 1

Preheat oven to 425°F. Spray muffin pan with pan release spray.

In a large bowl combine wheat flour, baking powder, baking soda, cinnamon, allspice and salt. Set aside.

Step 2

In a separate bowl whisk eggs, maple syrup, oil, applesauce and vanilla extract.

Step 3

Pour wet ingredients into the bowl with dry ingredients. Mix to combine.

Step 4

Add grated apple and fold gently until well combined.

Step 5

Scoop into muffin pan.

Step 6

Bake for 5 minutes at 425°F. After 5 minutes, reduce temperature to 350°F.

Bake for an additional 15 minutes or until a toothpick comes out clean.

Step 7

Let cool for 5 minutes. Then transfer to a baking rack to cool completely.

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