

Apple and Spice Muffins

Adjust the spice level to your taste. Use whatever apples are on special - this recipe works well with any apple, and since you'll be grating (or finely chopping if you don't have a grater), they get evenly distributed through the batter and you shouldn't notice much along the lines of a cooked apple texture. Don't swap for apple sauce, or the batter will be too wet.

Ingredients:

- 1 1/4 cups (150g) all purpose flour
- 1/2 cup (60g) cornmeal
- 1/3 cup (67g) white sugar
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp ginger
- 1/2 tsp baking soda
- 1 3/4 cups (~130g or one med-large) apple, peeled, cored, and grated or finely chopped
- 3/4 cup nonfat cultured buttermilk (or use 1 tbsp vinegar and pour nonfat milk over it to curdle it - reduce to 2/3 cup if you use this method)
- 2 tbsp neutral flavored oil (like vegetable oil)
- 1 large egg
- For topping, blend 2 tsp white sugar with 1/4 tsp cinnamon

Method:

1. Preheat oven to 400°F, lightly grease/spray or use cupcake liners to prepare a 12-count muffin tin.
2. Combine dry ingredients in a large bowl, whisk to mix evenly and break up any lumps
3. Add apple, stir to coat the apple bits evenly
4. Add remaining wet ingredients and stir until combined and uniform.
5. Divide batter evenly between the wells in your muffin tin, top with a sprinkle of sugar topping, dividing evenly between muffins
6. Bake 20 minutes or until golden.

Nutrition per muffin: 128.8 calories, 3.3g total fat (0.6g saturated), 16.3mg cholesterol, 114.5mg sodium, 72.6mg potassium 22.3g carbohydrates (1g fiber, 8g sugars, of which 6.2 are added sugar), 2.9g protein