

Apple Pie Muffins

(yield 6 muffins)

Ingredients

280 mL	flour
190 mL	brown sugar
3 mL	baking soda
1 mL	salt
3 ml	cinnamon
1/2	egg
125 mL	buttermilk *
60 mL	margarine, melted
2.5 mL	vanilla
250 mL	apples, peeled and diced (approx.. 1-1.5 apples) – mac apples are great



**if you do not have buttermilk, add 12 mL white vinegar to 125 mL milk (125 ml h2o plus 40 ml milk powder)*

Method

1. Preheat oven to 375 F. Grease muffin tins with Pam.
2. In a large bowl, combine flour, sugar, baking soda, cinnamon and salt.
3. In a separate bowl, combine egg, buttermilk, melted margarine and vanilla.
4. Dredge chopped apples in flour mixture. Make a well with dry ingredients.
5. Add wet ingredients all at once. Stir until dry ingredients are just moistened. DO NOT OVERMIX!
6. Equally fill muffin tins approximately 2/3 full.
7. Bake for 25 minutes or until tops are firm to touch and golden brown.