

rustic apple muffins

INGREDIENTS

2 cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon baking soda
½ teaspoon salt
¾ teaspoon cinnamon
1/8 teaspoon nutmeg
2 Tablespoons unsalted butter, melted and cooled
1 large egg
½ cup granulated sugar
¼ cup buttermilk
½ cup applesauce
¾ cup fresh apples, peeled and grated
thin slices of apple

½ cup granulated sugar
2 Tablespoons butter, softened
1/8 cup all-purpose flour
Dash of nutmeg
1 ½ teaspoons cinnamon

DIRECTIONS

1. Preheat oven to 375°F. Spray the cups of a jumbo muffin tin with cooking spray and add the muffin liners.
2. Whisk the flour, baking powder, baking soda, salt, cinnamon and nutmeg in a bowl. Set aside.
3. In a separate bowl, stir melted butter, egg, sugar, buttermilk, and applesauce together. Fold in the grated apple. Then pour in the flour mixture a third at a time and stir after each addition until just combined. Spoon the batter into the muffin cups.
4. To make the topping, mix the ingredients together with a fork or pastry blender until everything is crumbly and resembles damp sand. Sprinkle over each muffin. Then add a thin slice of apple and sprinkle with more cinnamon and sugar.
5. Bake for 22 to 24 minutes. When you remove the tin from the oven, sprinkle with a little more cinnamon sugar. Allow the muffin to cool in the pan for five minutes before removing to a wire rack.

MAKES 6 – 8 JUMBO MUFFINS