



Apple Whole Wheat Muffins

Yield: 12 nice sized muffins

Ingredients

- 1 cup (120 grams) white whole wheat flour
- 1 cup (130 grams) all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ teaspoon salt
- 1 Tbsp cinnamon
- 1 Tbsp lemon zest, grate on microplane
- 1 stick of salted butter, at room temperature
- ⅓ cup (100 grams) granulated sugar
- ¼ cup (95 grams) dark brown sugar, packed
- 1 large egg, lightly beaten
- 1 cup kefir or buttermilk (I used kefir since that is what I have in the fridge always)
- 2 large apples (I used Pink Lady), peeled, cored, and coarsely chopped into pieces about ⅓ inch by ⅓ inch
- 3 Tbsp turbinado sugar for the topping

Instructions

Preheat the oven to 450°F. Spray 12 muffin cups and set aside.

Mix together the flours, baking powder, baking soda, salt, and cinnamon, and set aside. In a separate bowl, cream the butter and add the granulated sugar and the dark brown sugar. Beat until fluffy. Add the egg and mix well; stop once to scrape the sides and bottom of the bowl. Mix in the kefir gently. Stir in the dry ingredients and fold in the apple chunks.

Divide the batter evenly among the prepared muffin cups, they will reach the top of the cup or be slightly over. Even out the thick batter with a knife that you spray with oil and sprinkle the three tablespoons of turbinado sugar on top.

Bake for ten minutes mid oven, turn the heat down to 400°F and bake for an additional five minutes, or until a toothpick inserted into the center of a muffin comes out clean. Cool the muffins for five minutes in the tin, then turn them out onto a wire rack to cool completely.

Transfer to a tightly covered container. These stay fresh for at least five days at room temperature, if you can stop yourself from indulging. I love these slightly warmed with whipped cream cheese.