



Whole Wheat Apple Cinnamon Muffins

Makes 12 muffins

Muffin Ingredients

- 1 stick (½ cup) salted butter, at room temperature
- ½ cup granulated sugar
- 2 tbsp dark brown sugar
- 1 large egg
- 1 cup buttermilk (OR 2% milk + 1 Tbsp white vinegar-let sit at room temperature for 10 minutes)
- 1 cup King Arthur White Whole Wheat flour
- 1 cup unbleached white flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 pinches table salt
- 1 tablespoon cinnamon
- 2 tsp lemon zest (Use your microplane grater)
- 2 slightly rounded cups peeled, cored, and chopped apples (I diced mine about ⅓-inch in size and my apples were large so it took 1 ¾ apples to equal a slightly heaping 2 cups)

Topping Ingredients

- 2 tbsp dark brown sugar
- 2 tbsp turbinado sugar (raw cane sugar)

Instructions

Preheat the oven to 450°F. Grease and flour a pan with 12 full-size muffin cups and set aside.

Mix together the flours, baking powder, baking soda, salt, and cinnamon, lemon zest and set aside. Remove one tablespoon of this mix to toss with the apples.

In a separate bowl, cream the butter and add the granulated sugar and the brown sugar. Beat until fluffy. Add the egg to the buttermilk (or soured milk you made) and mix gently. Add in the milk/vinegar mixture quickly. (If you over-mix, this will cause the mixture to curdle.) Stir in the dry ingredients. Toss diced apple with the reserved flour mix and fold in these apple chunks to the batter.

Combine the dark brown and turbinado sugar in a bowl and set aside (for the topping).

Divide the batter evenly among the prepared muffin cups (I just butter or spray mine) with an ice cream scoop and sprinkle the brown sugar/turbinado sugar mix on top of each. With a damp finger, even out the topping and batter. The muffins will be very full.

Bake for 10 minutes at 450 degrees then 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 carefully place them out onto a wire rack to cool completely.

Try one while warm.