

# APPLE MUFFINS

*Made with whole wheat flour, applesauce, maple syrup, and just a bit of butter for taste, these healthy apple muffins are an easy one-bowl recipe that taste delicious and will have your house smelling amazing.*

## INGREDIENTS

1/4 cup butter, melted	2 cups flour, preferably whole wheat
3 large eggs	2 teaspoons baking soda
1/2 cup pure maple syrup	1 teaspoon baking powder
1/2 cup applesauce	1 teaspoon salt
2 teaspoons vanilla extract	1 tablespoon cinnamon
	2 cups apple, chopped into small pieces

## DIRECTIONS

- Preheat oven to 350 degrees. Line a mini muffin tin with paper liners, grease with baking spray, or use a silicone muffin pan.
- Put melted butter in a large bowl and add eggs, maple syrup, applesauce, and vanilla. Mix well.
- Add flour, baking soda, baking powder, salt, and cinnamon. Mix until combined.
- Add apple and stir into mixture gently.
- Scoop batter into the muffin tins, filling each to the top.
- Bake for 13-15 minutes or until an inserted toothpick comes out clean.
- Let cool and enjoy!

*Note: a larger muffin tin can be used but cooking time will need to increase.*

