

Wholegrain Apple Muffins

A wholegrain muffin made with whole wheat flour, apples, spices, applesauce, eggs, Greek yogurt, and vanilla- sprinkled with a little unrefined sugar. These are a moist, nutrient-packed Fall muffin (although I have them year-round, cause why not?). Each muffin has 3 grams fiber and 4 grams protein!

Ingredients:

1 ¾ cup	White whole wheat flour
½ tsp	Baking powder
½ tsp	Baking soda
1 tbsp	Ground cinnamon
1 cup	Grated apple
1 cup	Diced apple (1/4" cubes)
1 cup	Applesauce, unsweetend
2 large	Eggs
½ cup	Non-fat plain Greek yogurt (can use vanilla)
1 tsp	Vanilla extract
12 tsp	Sugar (I used coconut palm sugar, as this is unrefined)

Directions:

1. Preheat the oven to 425 degrees F. Place muffin cups in 12 slots in a muffin pan. Grease each cup with cooking spray.
2. In a large bowl, whisk together the dry ingredients (flour, baking powder, baking soda, cinnamon).
3. Squeeze grated apple of any excess moisture, then blend with the dry ingredients. Do the same thing for the diced apples.
4. In a medium bowl, whisk together the applesauce, eggs, Greek yogurt, and vanilla.
5. Mix the dry ingredients + apple mixture into the wet ingredients. Mix until combined then STOP- do not overmix.
6. Spoon the batter evenly into the 12 pre-greased muffin cups. Sprinkle each muffin with 1 tsp sugar.
7. Bake for 5 minutes. Then, lower the temp to 350 degrees and bake for 12-13 minutes.
8. Let cool for 10 minutes then serve or store!

**Store at room temp for 2-3 days, 5-7 days in the fridge, or up to 3 months in the freezer.

Servings: 12 muffins
 Serving size: 1 muffin

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Nutrition Facts		
Serving Size: 1 Muffin		
Amount Per Serving		% Daily Value*
Calories	115.4 kcal	6 %
Total Fat	1.4 g	2 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	31.3 mg	10 %
Sodium	98.9 mg	4 %
Total Carbohydrate	23.4 g	8 %
Dietary Fiber	3.1 g	12 %
Sugars	9.1 g	
Protein	4.1 g	8 %
Vitamin A	1 %	Vitamin C 4 %
Calcium	5 %	Iron 5 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>