RECIPE

Apple Oat Muffins

Whole wheat and oat muffins with diced apple, walnuts and olive oil, sweetened mostly by the fruit: a grab-and-go breakfast that freezes well.

MAKES

12 servings US Metric

TOTAL

45 min

Ingredients

- [ ] 1 ½ cups whole wheat flour
- [ ] 1 cup old-fashioned rolled oats
- [ ] 1 ¾ tsp baking powder
- [ ] ½ tsp salt
- [ ] 2 tsp ground cinnamon
- [ ] ¼ tsp ground nutmeg
- [ ] ¼ cup packed brown sugar
- [ ] 2 large eggs
- [ ] 1 small container (5.3 oz / 170 g) plain nonfat Greek yogurt
- [ ] ½ cup unsweetened applesauce
- [ ] ¼ cup olive oil
- [ ] 1 tsp vanilla extract
- [ ] 2 cups diced apple, skin on
- [ ] ½ cup chopped walnuts
- [ ] ¼ cup water
- [ ] Paper liners for the muffin tin

Method

1. Heat the oven to 400 °F. Set 12 paper liners in a muffin tin.
2. Whisk the whole wheat flour, oats, baking powder, salt, cinnamon and nutmeg in a large bowl.
3. In a second bowl, whisk the eggs, brown sugar, olive oil and vanilla until smooth. Stir in the yogurt, applesauce and water.
4. Pour the wet mix into the dry and stir just until no dry flour shows. The batter is thick; do not beat it.
5. Fold in the apple and walnuts. Let the batter sit 10 minutes so the oats soften.
6. Divide the batter among the 12 cups, filling each to the rim.

7 Bake 18 to 22 minutes. They are done when the domes are browned and a skewer pushed into the center comes out dry.

8 Let the muffins stand in the tin for 10 minutes, then lift them onto a rack.