

Apple Crumble Muffins Recipe

Recipe by: The Cooking Foodie

<https://www.thecookingfoodie.com/recipe/Apple-Crumble-Muffins-Recipe>

Number of muffins (65 grams) = 12-14 muffins

Ingredients

For the muffins:

2 Apples (~200g)
1 Egg, large
120ml 1% Milk
1/3 cup (80ml) vegetable oil
160g Whole Wheat Flour
2 tsp Baking powder
1/4 tsp Salt
96g Sugar
1 tsp Vanilla extract

For the crumble (OPTIONAL):

60g butter, cold
65g Whole Wheat Flour
100g brown sugar
1 tsp Cinnamon ground

Directions

1. Preheat oven at to 350F (175C). Spray muffin cups with oil and set aside.
2. Make the muffins: In a bowl mix milk, oil, egg, and vanilla extract. Set aside.
3. In a separate bowl, mix flour, baking powder, sugar, and salt.
4. Peel the apples and cut into small chunks. Place apple chunks into the flour mixture and toss well to ensure the apples are well coated.
5. Pour the wet mixture and dry mixture and mix until combined.
6. Scoop the batter into muffin cups until 3/4 full.
7. Make the crumble: Combine the ingredients for the crumble topping together in a small bowl and crumble together using your finger tips.
8. Sprinkle some crumble on the top of each muffin batter. Bake for 20-25 minutes, until a toothpick inserted into the center comes out clean.
9. Let cool before serving.

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For the Muffins:

Ingredients	Weight(g)	%
Whole Wheat Flour	160	100
Apple	200	125
Sugar	96	60
Milk	120	75
Vegetable Oil	76	48
Egg	50	31
Baking powder	8.9	6
Vanilla extract	5	3
Salt	1.5	1

For the crumble:

Ingredients	Weight(g)	%
Whole Wheat Flour	65	100
Brown Sugar	100	154
Butter	60	92
Cinnamon ground	5	8

Serving Size (g)	65.000
Calories (g)	159.556
Total Fat (g)	7.385
Saturated Fat (g)	1.192
Trans Fat (g)	0.000
Cholesterol (g)	0.017
Sodium (g)	0.103
Total Carbs (g)	22.312
Dietary Fiber (g)	2.009
Sugars (g)	11.386
Net Carbs (g)	20.303
Protein (g)	2.979

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Ounce Equivalents of grains in this recipe:

1. Using our total whole wheat flour = 1798.5 grams of creditable grains
2. Amount of creditable grains per serving:

160 grams of creditable grains ÷ **12** servings =

13.33 grams of creditable grains per serving

3. The following tells you how many ounces equivalent of grains are in each serving:

13.33 grams of creditable grains per serving ÷ **16** grams =

0.83 oz eq of grains per serving

One serving of this pizza crust provides 1 oz eq of grains