

Healthy Apple Muffins Masterpiece Living



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Healthy Apple Muffins Masterpiece Living

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Healthy Apple Muffins

These Healthy Apple Muffins are made with whole grain oats and sweetened with just a touch of honey, making them the perfect simple fall breakfast!

Breakfast

American

healthy apple cinnamon muffins, healthy apple

Course

Cuisine

Keyword

muffins

Prep Time

Cook Time

Total Time

Servings

Calories

Ingredients

5 minutes

20 minutes

25 minutes

18 muffins

97kcal

WW Freestyle Points 4

Author

The Clean Eating Couple

2 cups Bob's Red Mill Old Fashioned Rolled Oats

1 teaspoon baking powder

1 teaspoon baking soda

1/4 teaspoon salt

1 1/2 teaspoon cinnamon

1 teaspoon ginger

1/2 teaspoon nutmeg

1/4 teaspoon ground cloves

2 eggs

1/4 cup honey

1/4 cup coconut oil

1/3 cup almond milk

1.5 cup apples

Instructions

1. Preheat oven to 350 and prepared greased or lined muffin tin

2. In a blender pulse oats until they are flour like consistency. Add in baking powder, baking

soda, and spices. Pulse to combine

3. In a separate bowl, whisk together eggs, honey, melted coconut oil and milk.

4. Combine dry and wet ingredients in blender. Fold in chopped apple pieces* Do not blend the

apples!

5. Pour batter into greased/lined muffin tin, filling $\frac{3}{4}$ the way

6. Bake at 350 for 20 minutes until golden brown.

melted+ cooled

peeled + chopped (Approx 2 large apples)

Notes

Substitutions for healthy apple muffin recipes:

Oats - You can not substitute steel cut oats for this recipe, it won't work! You could substitute quick cook oats if needed.

Honey- you can swap honey for maple syrup

Milk - you can use any type of milk in the recipe - nondairy, or dairy will work.

Oil - You can use olive oil or avocado oil.

Gluten free- Make sure to use certified gluten free oats

Egg free- I have not tried making these muffins egg free. I think subbing flax eggs would work, but I'm not sure.

Nutrition Facts

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Healthy Apple Muffins

Amount Per Serving (1 muffin)

Calories 97

Calories from Fat 45

Fat 5g

Saturated Fat 3g

Cholesterol 18mg

Sodium 139mg

Potassium 75mg

Carbohydrates 11g

Fiber 1g

Sugar 5g

Protein 1g

Vitamin A 30IU

Vitamin C 0.5mg

Calcium 25mg

Iron 0.5mg

% Daily Value*

8%

19%

6%

6%

2%

4%

4%

6%

2%

1%

1%

3%

3%

* Percent Daily Values are based on a 2000 calorie

diet.

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