

Super Tender Apple Nut Mini-Muffins

Adapted from King Arthur Flour, 2013



1/4 cup unsalted butter, 4 tablespoons, at room temperature

1/4 cup granulated sugar

3/8 cup brown sugar, divided use

1/2 large egg

1/2 cup buttermilk, or 1/2 cup plain (not Greek-style) yogurt; or 3/8 cup Greek-style yogurt + 2 T milk (to equal 1/2 cup)

1 cup all-purpose flour

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/8 teaspoon salt

1/2 tablespoon ground cinnamon

1 cup Granny Smith apple, cored, and chopped; about 1 large apple

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 24

1. Preheat the oven to 375°F. Grease and flour a mini muffin pan, or line with papers and grease the insides of the papers.
2. Mix together the butter, granulated sugar, and a little more than half of the brown sugar, beating until fluffy.
3. Add the egg and mix well, stopping once to scrape the sides and bottom of the bowl.
4. Gently mix in the buttermilk or yogurt.
5. Stir in the flour, baking powder, baking soda, salt, and cinnamon.
6. Fold in the chopped apples, walnuts and raisins.
7. Using about a rounded tablespoon of batter each, divide among the prepared mini-muffin cups, sprinkling the remaining brown sugar on top.
8. Bake the muffins for 12-15 minutes (mine took 14), or until a toothpick inserted into the center of a muffin comes out clean.
9. Remove the muffins from the oven, cool them for 5 minutes in the pan, then turn them out onto a rack to finish cooling completely.

Yield: 24 mini-muffins

Per Serving (excluding unknown items): 59 Calories; 2g Fat (32.2% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 56mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.