



# APPLE STREUSEL MUFFINS

YIELDS: 10 REGULAR SIZED, OR 12 BAKERY SIZED MUFFINS

Wherever All Purpose flour makes sense, we love to use our 60/40 blend to add all kinds of flavour and nutrition you can get from the 40% addition of sprouted whole grains, plus the streusel topping with our organic oats take this Autumnal muffin to the next level. This small change makes a big difference in this classic apple streusel muffin. Instead of using an apple sauce, we used a pumpkin puree. Oddly enough, this doesn't give the muffins a pumpkin taste, but rather more of a winter-spice flavour.



## Ingredients

### STREUSEL TOPPING

- 1/4 cup (50 g) salted butter, melted
- 1/2 cup (100 g) light brown sugar, packed
- 1/2 cup (195 g) Anita's Organic 60/40 Baker's Blend flour, or All Purpose.
- 1/2 cup (40 g) Anita's Organic Old Fashioned Rolled Oats

### MUFFINS

- 1 cup (120 g) About 1 large or 2 small apple, peeled and diced (we use Granny Smith because for the tartness)
- 1/2 cup granulated sugar
- 1 1/2 cup (195 g) Anita's Organic 60/40 Baker's Blend flour, or All Purpose.
- 2 tsp baking powder
- 2 tsp cinnamon
- 1/2 tsp salt
- 2 large eggs
- 1 cup (250 g) unsweetened pumpkin puree (or unsweetened apple sauce)
- 1/2 cup (100 g) unsalted butter, melted

## Instructions

### STREUSEL

1. Combine all of ingredients and mix until evenly incorporated and resembling wet sand. Then transfer to a plate and refrigerate while you make the batter. This will help the consistency become more firm and crumbly.

### MUFFINS

1. Preheat oven to 400F and line cupcake tin with 10 cupcake liners if making 10 bakery sized muffins, or 12 if making smaller sized muffins.

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2. Cut the apples into small 1/4 inch cubes and place in a bowl.
3. In a large bowl, whisk together sugar, flour, baking powder, cinnamon, and salt.
4. In a separate bowl, combine the eggs, pumpkin puree, and melted butter.
5. Pour the wet ingredients into the dry and mix until flour is just incorporated, being careful to not over mix.
6. Evenly distribute batter between all cupcake liners, then take crumble from the fridge and sprinkle heavily over each muffin, using your fingers to break up the crumble.
7. Bake the muffins on the top rack. This will help create a nice hard muffin top while keeping the bottom from overcooking or burning. Cook at 400F for 5 mins, then turn down to 350 for another 18-20 minutes, for larger muffins, or 12-18 minutes for smaller muffins.

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