

Apple Streusel Muffins

Hands On: 10 minutes

Total Time: 40 minutes

Makes: 12 muffins

INGREDIENTS:

2 cups (500 mL) all-purpose flour
1/2 cup (125 mL) packed brown sugar
1 tbsp (15 mL) baking powder
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) ground cinnamon
1/4 tsp (1 mL) ground nutmeg
1 egg
1 cup (250 mL) apple juice
1/3 cup (75 mL) vegetable oil
1 cup (250 mL) diced peeled apples

Streusel Topping:

1/2 cup (125 mL) packed brown sugar
1/2 cup (125 mL) all-purpose flour
1/4 cup (60 mL) cold butter

DIRECTIONS:

1. **Preheat** oven to 375°F (190°C). Line 12 muffin cups with paper liners.
2. **Streusel Topping:** Stir together brown sugar and flour. Add butter and crumble with fingers or mix with fork until mixture is in pea-size pieces.
3. **Whisk** together flour, brown sugar, baking powder, salt, cinnamon and nutmeg.
4. **Whisk** together egg, apple juice and oil. Stir into flour mixture just until blended.
5. **Stir** in apples. Divide batter evenly among prepared cups. Sprinkle Streusel Topping over top.
6. **Bake** for 20 to 25 minutes or until golden and tester inserted into centre comes out clean.

Tips:

- To dice apples, peel and cut in half. Remove core. Place flat-side down on cutting board. Cut apple lengthwise then crosswise into dice of desired size.
- Use red apples, such as MacIntosh or Royal Gala.