

# Spiced Apple Muffins



## Ingredients

- 1 1/2 cups all-purpose flour
- 1/2 cup rolled oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1/2 cup brown sugar (or coconut sugar)
- 1/2 cup unsweetened applesauce (or 1/4 cup oil for richness)
- 1 large egg
- 1/2 cup milk (or a dairy-free alternative)
- 1 teaspoon vanilla extract
- 1 apple, peeled and diced (Granny Smith or Honeycrisp work well)
- Optional: 1/2 cup chopped walnuts or raisins

## Preparation

1. Preheat the oven: Set the oven to 350°F (175°C). Line a muffin tin with paper liners or lightly grease it.
2. Mix the dry ingredients: In a large bowl, whisk together the flour, oats, baking powder, baking soda, cinnamon, nutmeg, cloves, salt, and brown sugar.
3. Mix the wet ingredients: In a separate bowl, whisk together the applesauce, egg, milk, and vanilla extract.
4. Combine: Pour the wet ingredients into the dry ingredients and stir until just combined. Gently fold in the diced apple and any optional ingredients (nuts, raisins).
5. Fill the muffin tin: Spoon the batter into the muffin cups, filling each about 3/4 full.
6. Bake: Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean. Let the muffins cool in the tin for a few minutes before transferring to a wire rack.