

Spiced Apple Cider Muffins

adapted from [Eating Well](#)

Ingredients

Streusel

- 2 tablespoons packed light brown sugar
- 4 teaspoons whole-wheat flour
- 1/2 teaspoon ground cinnamon
- 1 tablespoon butter, cut into small pieces
- 2 tablespoons finely chopped walnuts, (optional)

Muffins

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 large egg
- 1/3 cup packed light brown sugar
- 1/2 cup [apple butter](#)
- 1/3 cup maple syrup
- 1/3 cup apple cider
- 1/3 cup low-fat plain yogurt
- 1/4 cup canola oil
- 1 1/2 cups apples, peeled, cored and chopped

Directions

1. Preheat oven to 400°F. Coat 14 muffin cups with cooking spray or line cupcake tin with cupcake cups.
2. To prepare streusel: Mix brown sugar, whole-wheat flour and cinnamon in a small bowl. Cut in butter with a pastry blender or your fingers until the mixture resembles coarse crumbs. Stir in walnuts, if using.
3. To prepare muffins: Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl.
4. Whisk egg and brown sugar in a medium bowl until smooth. Whisk in apple butter, syrup, cider, yogurt and oil. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Gently fold in apples.
5. Scoop the batter into the prepared muffin cups (they'll be quite full). Sprinkle with the streusel.
6. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes.
7. Let cool in the pan for 5 minutes.
8. Allow to cool completely on a wire rack.

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