

Apple Cinnamon Muffins with Not Just Caramel



SIZE

Makes 12

PREPARATION

30 min

DIFFICULTY



Level 1



Level 2



These Apple Cinnamon muffins are craveable, healthy-ish, and for everyone: gluten-free dairy-free, and downright delicious! Breakfast, snack, dessert...these muffins will be your new go-to! We like to drizzle extra Not Just Caramel on top after baking to really round out the salty and sweet caramel flavor. We love to use Bob's Red Mill all purpose gluten free flour here but regular AP or whole wheat flour work just as well.

Ingredients

- 1 cup gluten free flour (preferably Bob's Red Mill)
- 1tsp baking powder
- 1tsp baking soda
- 2½ tsp cinnamon
- 1 cup dairy free milk (we love oat milk here)
- 1 egg, beaten
- ½ cup Not Just Caramel, plus more to serve
- 1 apple, finely chopped

Process

1

Preheat oven to 350 with rack in the middle position. Line a 12 cup muffin tin with cupcake liners or mist with baking spray.

2

Add the flour, baking powder, baking soda, and cinnamon to a large bowl and whisk to combine. Add the egg, milk, and Not Just Caramel to a medium bowl and whisk to fully incorporate.

3

Pour the wet ingredients into the dry ingredients and mix with a rubber spatula until a cohesive batter is formed. Stir in the apple, evenly divide among the 12 muffin cups, and bake for 20-25 minutes until a toothpick or fork comes out clean.

4

Let cool for 10 minutes on a wire rack, drizzle each muffin with more Not Just Caramel, and sprinkle with optional maldon salt