

# *Apple Olive Oil Muffins*

## Nutritional Highlights

- Apples are high in fiber, which is a prebiotic to feed the good bacteria in your gut.
- Apples are also high in B-complex vitamin, which are essential in maintaining red blood cells and the nervous system in good health.

Servings: 12

## Ingredients

- 2 large eggs
- $\frac{3}{4}$  cup of sugar
- $\frac{3}{4}$  cup of EVOO – choose fruity
- 2 cups of white whole wheat flour
- 1 tsp sea salt
- 1  $\frac{1}{2}$  tsp of ground cinnamon
- 1 tsp baking soda
- 1 tsp vanilla extract
- $\frac{1}{4}$  cup applesauce
- 4 apples, peeled, and cut into  $\frac{1}{4}$ ' dice such as honey crisp, pink lady, or fuji

## Directions

- Preheat oven to 350. Lightly spray 12 muffin tins with olive oil cooking spray and set aside.
- Combine the eggs and sugar in a bowl. Using a hand mixer or electric mixer, mix on medium speed for 2-3 minutes until pale yellow color. Add the oil and mix until well incorporated.
- In a large mixing bowl, whisk the flour, salt, cinnamon, baking soda and baking powder together. Slowly add the flour mixture to the batter and mix on low.
- Add the vanilla, applesauce and diced apples and continue to mix on low until just combined.
- Divide the batter evenly between the 12 muffins cups and bake for 25-30 minutes until a toothpick comes out clean.
- Allow the muffins to rest for 10 minutes in pan, then remove and let cool fully on rack.
- Delicious! Muffins may be frozen for up to 1 month.