

Spelt, Millet And Apple Muffins With Walnuts - Cuteness Appleload

Ingredients:

Difficulty: Easy
(makes 12 muffins)

3.5 dl (or 1 1/2 cups or 175 gr) wholegrain spelt flour
1 tbsp + 2 tsp (or 25 gr) hulled millet (kuorittuhirssi in Finnish)
7.5 tbsp (or 75 gr) brown sugar
1 tsp baking soda
1 1/2 tsp baking powder
a pinch of salt
1/2 tsp ground cinnamon
75 gr butter, melted and cooled down a bit
2 large eggs
1.5 dl (or 1/2 cup + 2 tbsp or 150 gr) applesauce
2 tbsp + 1 tsp buttermilk
50 gr walnuts, roughly chopped
1 apple diced small
1 apple sliced thinly (try to have at least 24 slices)
1 tbsp powdered sugar

Instructions:

1. Preheat the oven to 180C. Put 12 muffin papers on a muffin tin.
2. In a large bowl, put the first 7 ingredients above (ending with cinnamon) and whisk.
3. In a smaller bowl, put melted and slightly cooled butter and eggs and whisk well.
4. Add applesauce and buttermilk to the egg mixture and whisk well again.
5. Add the egg mixture to the dry flour mixture and gently fold until all dry ingredients are mixed well with wet ones.
6. Fold in walnuts and diced apples.
7. Divide the muffin batter equally into the muffin papers. Put 2 thin slices of apple on each muffin and push them into the batter gently a little.
8. Bake the muffins in the middle of the oven for about 22-25 minutes, until they get spongy and a toothpick inserted in the centre comes out clean. Let the muffins cool in the muffin tin for 5 minutes, and then cover with powdered sugar. After that, take them out of the tin and let them cool on a wire rack. They will be delicious when they cool down, and they taste even better the next day. Keep them in an airtight container for up to 5 days. Enjoy!