


Apple Cheddar Muffins

 Serves: 12

 Cooking Time:

 Level: Easy



INGREDIENTS

1 cup all-purpose flour
1 cup barley flour (or more all-purpose if you don't have barley; whole-wheat would also work)
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon fine sea salt
1/2 teaspoon ground cinnamon
1 pinch ground nutmeg
1 cup coarsely grated sharp cheddar, or in small cubes if you prefer more discreet pockets of cheese as opposed to threads throughout
2 large eggs, lightly beaten
1/4 cup plus 2 tablespoons honey
2 tablespoons molasses
3 tablespoons oil
1/4 cup plain, full-fat Greek yogurt
2 cups grated apples, preferably of a nice fallish sweet-tart variety

PREPARATION

1. Heat your oven to 350° F. Grease a standard muffin pan and line the cups with liners.
2. In a medium mixing bowl, stir together the flours, baking soda and powder, salt, cinnamon, and nutmeg. Toss in the cheese to evenly distribute.
3. In a separate bowl, whisk the eggs, honey, molasses, oil, and yogurt then stir in the grated apple until everything is well combined. Gently stir the wet ingredients into the dry just until there are no streaks of dry left.
4. Divide the batter evenly between the muffin cups and put the muffin pan on a rimmed baking sheet in case of any dripping while the muffins bake. Bake the muffins until a tester comes out clean – about 30 to 35 minutes. Allow to cool for about 10 minutes in the pan then transfer the muffins to a wire rack to cool. Or gobble them up warm with lots of butter.