

Apple Cake Muffins

Apple Mixture:

3 medium apples, peeled, cored and chopped fine
1/3 cup (67 grams) sugar
2 teaspoons cinnamon
2 tablespoons flour

Cake batter:

4 large eggs
1 3/4 cups (350 grams) sugar
1 cup (240 ml) oil
2 teaspoons vanilla extract
1/4 cup (60 ml) orange juice
3 cups flour + 2 tablespoons (375 grams)
1/2 teaspoon salt
4 teaspoons baking powder

Preheat the oven to 350 F/180 C. Prepare 24 muffin cups by lining with paper liners suited for the oven.

Mix apples with sugar and cinnamon and microwave apples for 3 minutes full power, remove from microwave add 2 tablespoons of flour. Toss to coat and set aside.

For cake batter, whip the sugar and eggs together till light and fluffy (about 3-5 minutes) and add oil, vanilla, juice and beat briefly. Add flour, salt and baking powder and mix just till incorporated, scraping sides and bottom of mixing bowl to make sure it's all mixed. Add the apple/sugar/cinnamon mixture and flick on and off just till mixed in. Batter is somewhat thin. Pour evenly into the prepared muffin cups and bake 22-25 minutes or till muffins are medium brown and a wooden toothpick comes out clean. Cool in the muffin tin on wire racks. These freeze excellently well. I recommend freezing in the muffin tin till frozen and then you can put them in ziploc bags.