

## Stay-Moist Apple Muffins!

**Recipe VIDEO above.** These muffins are a miracle - they stay moist for 4 to 5 days!! KEY TIP: Do not over mix batter (causes dry muffin), stir until flour is just incorporated, few lumps is fine. This recipe will work with cup measures regardless of which country you are in, with the exception of Japan - please use weights provided.



Prep Time	Cook Time	Total Time	★★★★★ 4.94 from 97 votes
10 mins	20 mins	30 mins	

Course: **Baking** Cuisine: **Western** Keyword: **apple muffins, moist muffins**

Servings: **11 - 12 muffins** Calories: **253cal** Author: **Nagi**

### Ingredients

- 2 level cups apple pieces (peeled) , 0.7 cm / 1/3" cubes (2 large apples, I use red)
- 1 tbsp melted butter , for muffin tin (or use paper liners)

### Wet:

- 115g / 0.5 cup unsalted butter , melted (1 stick)
- 1 cup (200g) brown sugar , packed
- 2/3 cup (165 ml) milk (low fat, full fat, non dairy also fine)
- 1 large egg (approx 60g / 2 oz)
- 1 tsp white vinegar (or any other clear vinegar)

### Dry:

- 2 cups (300g) wholemeal flour (wholewheat flour)(white also ok, Note 1)
- 1 tsp baking soda (bi carb) (NOT baking powder)
- 1 tsp cinnamon powder
- Pinch salt

### Topping (optional):

- 2 tbsp raw sugar (demerara sugar - large granules)

### Instructions

1. Preheat oven to 200C/390F.
2. Brush a 12 hole, standard muffin tin with melted butter, or line with paper cases. (Note 3)
3. Place butter and brown sugar in a bowl, whisk to combine.
4. Add milk, then egg and vinegar. Whisk to combine.
5. Scatter flour across batter surface, followed by baking soda, cinnamon and salt. Whisk 10 times until the flour is incorporated - some lumps is fine.
6. Stir through apple -minimum stirs just to disperse.
7. Scoop batter into muffin tin - I use an ice cream scoop - filling it all the way to the top. If using a scooper, leave it the slight ball shape (see video) - don't smooth the top. You should get 12 (see Note 3).
8. Sprinkle with sugar (if using - makes surface slightly crispy), place muffins in the oven.
9. Immediately turn down to 180C/350F.
10. Bake for 20 minutes (standard) or 18 minutes (fan / convection) , or until a skewer comes out clean.
11. Rest in the muffin tin for 5 minutes then transfer to a rack to cool.
12. Once fully cooled, store in an airtight container - it will stay moist for up to 5 days. These also freeze very well.

### Notes

**1. Flour** - I like using wholewheat flour for these, but it works perfectly with plain / all purpose white flour as well. The muffins will be a bit paler and they are even softer. (They are soft with the wholewheat too, it's just they are even softer with white flour).

**2. TIP:** Chop the apple up into small pieces, otherwise it has a tendency to make the muffin seem too crumbly, noting that this muffin batter only uses 1 egg (which is a reason why it's so moist but also means the crumb is not as tightly bound as muffin mixes that use 2 eggs, so you need to ensure the apple pieces are chopped fairly small).

**3. MUFFIN TIN SIZES:** There are mini, standard and jumbo muffin tins. This recipe is for standard muffin tins. Standard muffin tin sizes do differ slightly here in Australia - there are 1/3 and 1/2 cup muffin tins. You should get 12 out of this recipe either way because with the 1/3 cup, the batter mounds slightly over the top of the muffin tin hole plus there is a bit left over. With the 1/2 cup, it fills 12 holes pretty much to the top, scraping every bit of batter out of the bowl.

**4. CAKE/LOAF:** Don't use this recipe for a cake or loaf, the crumb is too delicate. Use this recipe (YES it is moist too!) -> <https://www.recipetineats.com/easy-apple-cake-recipe/>

**5. STORING:** These keep so great in an airtight container for 4 to 5 days, they stay really nice and moist but it's it's really hot and/or humid where you are, keep them in the fridge.

The crunchy top does soften overnight, as it does with anything with a sugar topping. These are also terrific FROZEN - then just defrost before consuming, and yes they are moist even without reheating. :)

**HUMIDITY warning!** If it's super humid and hot where you are (eg Sydney in summer!) these are prone to becoming mouldy because they are **so moist!** So store them in the fridge.

**6. Recipe adapted** from these Brown Sugar Muffins by Taste and Tell.

**7. Different measures in different countries** - read more here. This recipe is fine to use as written irrespective of what country you are in - except Japan, use weights and ml, not Japanese measuring cups.

**8. Nutrition** assuming 12 muffins.

different-measur...ferent-countries/

#### **Nutrition**

Serving: 103g | Calories: 253cal

Another great recipe by [recipetineats.com](https://www.recipetineats.com)