

Kale-Apple Muffins

This recipe was used in the Mill Creek Foods Class, October 2017.

Dry ingredients

- * 1-1/2 C white or wheat all purpose flour
- * 1 tsp. baking soda
- * 1 tsp baking powder
- * 1/2 teaspoon salt
- * 1/2 tsp. cinnamon

Wet Ingredients

- * 1/2 C honey
- * 1 egg
- * 1/2 C plain unflavored or Greek yogurt
- * 1/2 C canola oil
- * 1/2 tsp. vanilla (see above)
- * 1-1/2 C apples or (use cored, unpeeled apples chopped into .5in dice- about 2 apples)
- * 1 C finely chopped kale

Optional streusel topping

- 1/4 cup old-fashioned oats
- 1/4 cup all-purpose flour
- 2 tablespoons granulated brown sugar
- 2 tablespoons unsalted butter, softened
- 1/2 teaspoon cinnamon

Preheat oven to 400.

In a mixing bowl combine all of the dry ingredients- mix flour, baking soda, baking powder, salt, and cinnamon.

In another bowl, mix all of the wet ingredients- mix honey, egg, yogurt, oil, vanilla, apples, and kale.

Add wet ingredients to dry ingredients, stirring just till moistened. Fill 12 typical size greased muffin cups 2/3 full. Bake at 400 degrees for 15 minutes.

