






Healthy Apple Muffins

These Healthy Apple Muffins are made with whole grain oats and sweetened with just a touch of honey, making them the perfect simple fall breakfast!



4.73 from 29 votes

 Course	Breakfast
 Cuisine	American
 Keyword	healthy apple cinnamon muffins, healthy apple muffins
 Prep Time	5 minutes
 Cook Time	20 minutes
 Total Time	25 minutes
 Servings	18 muffins
 Calories	97kcal
 WW Freestyle Points	4
 Author	The Clean Eating Couple

Ingredients

- 2 cups Bob's Red Mill Old Fashioned Rolled Oats
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 teaspoon cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 2 eggs
- 1/4 cup honey
- 1/4 cup coconut oil melted+ cooled
- 1/3 cup almond milk
- 1.5 cup apples peeled + chopped (Approx 2 large apples)

Instructions

1. Preheat oven to 350 and prepared greased or lined muffin tin
2. In a blender pulse oats until they are flour like consistency. Add in baking powder, baking soda, and spices. Pulse to combine
3. In a separate bowl, whisk together eggs, honey, melted coconut oil and milk.
4. Combine dry and wet ingredients in blender. Fold in chopped apple pieces* Do not blend the apples!
5. Pour batter into greased/lined muffin tin, filling 3/4 the way
6. Bake at 350 for 20 minutes until golden brown.

Notes

Substitutions for healthy apple muffin recipes:

- **Oats** - You can not substitute steel cut oats for this recipe, it won't work! You could substitute quick cook oats if needed.
- **Honey**- you can swap honey for maple syrup
- **Milk** - you can use any type of milk in the recipe - nondairy, or dairy will work.
- **Oil** - You can use olive oil or avocado oil.
- **Gluten free**- Make sure to use certified gluten free oats
- **Egg free**- I have not tried making these muffins egg free. I think subbing flax eggs would work, but I'm not sure.

Nutrition Facts

Nutrition Facts	
Healthy Apple Muffins	
Amount Per Serving (1 muffin)	
Calories 97	Calories from Fat 45
% Daily Value*	
Fat 5g	8%
Saturated Fat 3g	19%
Cholesterol 18mg	6%
Sodium 139mg	6%
Potassium 75mg	2%
Carbohydrates 11g	4%
Fiber 1g	4%
Sugar 5g	6%
Protein 1g	2%
Vitamin A 30IU	1%
Vitamin C 0.5mg	1%
Calcium 25mg	3%
Iron 0.5mg	3%

* Percent Daily Values are based on a 2000 calorie diet.

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