

Apple Cinnamon Muffins

Makes 12

2 apples
1 ¾ cups spelt flour (or use all purpose)
2 teaspoons baking powder
2 teaspoons ground cinnamon
2/3 cup (packed) light brown sugar
 Plus 4 teaspoons for sprinkling
½ cup honey
¼ cup plain yogurt
½ cup flavorless vegetable oil
2 eggs
½ cup raw (unblanched) almonds

1 x 12 muffin pan

Preheat the oven to 400° and line your muffin pan with paper muffin cups.

Peel and core the apples, then chop into small dice (about ¼ inch) and put them to one side.

Measure the flour, baking powder and 1 teaspoon of the ground cinnamon into a bowl.

Whisk together the 2/3 cup brown sugar, the honey, yogurt, vegetable oil and eggs in another bowl.

Chop the almonds roughly and add half of them to the flour mixture, and put the other half into a small bowl with the second teaspoon of ground cinnamon and the 4 extra teaspoons brown sugar. This will make the topping for the muffins.

Now fold the wet ingredients into the dry. Add the chopped apple, and stir to combine but don't over mix. To remind you: a lumpy batter makes for a lighter muffin.

Spoon this lumpy batter into the paper cups, then sprinkle the topping mixture over them.

Pop the pan into the preheated oven, and bake for 20 minutes, by which time they will have risen and become golden.

Take the pan out of the oven and let it stand for about 5 minutes before gingerly taking out the muffins and placing them on a wire cooling rack.

Lawson, Nigella. *Nigella Kitchen* pg. 128