



## Apple and walnut muffins

Recipe Gluten-free, dairy-free (casein-free),  
hypotoxic and vegan

By: Cuisine l'Angélique



PORTIONS: 15

PREPARATION: 15 MINUTES

COOKING: 30 MINUTES

### INGREDIENTS

- 1 box of [muffin mix](#)
- 6 ml (1 1/4 teaspoons) ground cinnamon
- 1 ml (1/4 teaspoon) ground nutmeg
- 2 large eggs (110 g) or [egg substitute with chia](#)
- 100 g (1/2 cup) light olive oil
- 45 ml (3 tbsp) plant-based milk substitute
- 250 g (1 cup) unsweetened applesauce
- 5 ml (1 tsp) vanilla extract
- 165 g (1 1/2 cups) peeled and grated apples
- 75 g (3/4 cup) walnuts, chopped

### PREPARATION.

1. Preheat the oven to 350 °F.
2. In a bowl, combine muffin mix and spices. Set aside.
3. In another bowl, combine eggs, oil, plant-based milk substitute, applesauce and vanilla extract. Beat with an electric mixer until a foamy (about 2 minutes).
4. Stir in dry ingredients and mix, using an electric mixer, until batter begins to thicken (about 1 minute).
5. Add apples and walnuts with a wooden spoon. Pour batter into muffin tins lined with paper moulds.
6. Bake on the centre rack for about 30 minutes, until a toothpick inserted in the middle comes out clean.



*The apple and walnut mix is tasty!*

### VARIATION

Discover exciting [variations](#) with our muffin mix.

**(Nutritional values soon available)**