

# Oatgerm crunchy muesli muffins with apples & peaches

20 Muffins

🕒 60 minutes

●● level of difficulty

## Ingredients

### For the muffins:

320 g apples (peeled & cut into cubes)  
for late summer/ early fall variation:  
alternatively ½ peach cubes & ½ apple cubes  
2 large eggs  
150 g granola from oatgerm  
80 g sugar (alternatively sugar substitute)  
250 ml milk (alternatively plain yoghurt)  
75 ml sunflower or rapeseed oil  
150 g granola from oatgerm  
200 g flour  
1 sachet baking powder  
cinnamon  
25 g granola from oatgerm for the topping  
for an extra portion of spermidine: 6 sachets

**spermidineLIFE® Boost+**

### For the granola (400 g):

80 g coconut oil  
80 g honey  
200 g oatgerm  
100 g nuts (mixed)  
3 tbsp quinoa pops  
3 tbsp sunflower seeds  
cinnamon

## Preparation

Peel and dice the apples, optionally mix 50:50 apples and peaches. Beat the eggs with the sugar in a bowl until smooth. Stir in the milk and oil. Then add the granola, flour, baking powder and cinnamon. Fold in the apple cubes and pour the batter into muffin tins. Top with granola and bake in a preheated oven at 170°C convection oven for about 25 minutes.

For the granola, melt the coconut oil. Stir in the honey. Mix the oat germ with the nuts, quinoa pops and sunflower seeds. Season with a little cinnamon. Fold the coconut oil and honey mixture into the dry ingredients. Place on a baking tray lined with baking paper and roast in a preheated oven at 165°C (hot air) for 20 minutes. Turn them halfway through. Let it cool, allow to firm up and break into pieces.

TIP: Serve with yoghurt and fruit.

