

Raw Apple Muffins

Makes 16 muffins

This recipe comes from Marion Cunningham's "The Breakfast Book" (Alfred Knopf, 1987). I hesitate to even call these muffins. They are more like apples and raisins held together with a bit of batter. For the best results, I like to use a combination of Macintosh and Granny Smith apples. Usually, 2 of each type of apple will yield 4 cups chopped apple.

4 cups peeled and diced apples
1 cup sugar
2 eggs, lightly beaten
½ cup canola oil
2 teaspoons vanilla extract
2 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons ground cinnamon
1 teaspoon salt
1 cup raisins

½ cup unsalted butter, melted
½ cup granulated sugar mixed with 2 teaspoons cinnamon

1. Preheat oven to 325 degrees F. Grease 16 muffin tins.
2. Put 3 mixing bowls (small, medium and large) on the counter. Mix the apples and sugar in the large bowl and set aside. Put the eggs, oil and vanilla in the medium bowl and stir to blend well. In the small bowl, put the flour, baking soda, cinnamon, and salt, and stir the mixture with a fork until blended.
3. Stir the egg mixture into the apples and sugar, and mix thoroughly. Sprinkle the flour mixture over the apple mixture and mix well. This is a very stiff batter so you may want to use your hands for mixing. Sprinkle the raisins over the batter and mix until they are well distributed. Using an ice cream scoop, scoop batter into greased muffin tins, filling about ¾ of the way full.
4. Bake for about 25 minutes, or until a straw comes out clean when inserted into the center of a muffin.
5. Dip top of each warm muffin into melted butter and then into sugar cinnamon mixture. Serve warm!