



"Soft-Hearted" Apple and Hemp Muffins

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

By: Cuisine l'Angélique

YIELD : 6 large muffins or 10 regular

PREPARATION: 30 MINUTES

COOKING: 30 MINUTES

INGREDIENTS

Soft heart:

- 80 g (1/4 cup) maple syrup
- 1 medium apple, peeled and diced (about 110 g)
- 30 g (1/4 cup) hemp seeds
- 3.5 ml (3/4 tsp) grated nutmeg
- 2.5 ml (1/2 tsp) ground cinnamon

Topping:

- 30 ml (2 tbsp) cane sugar
- 15 ml (1 tbsp) all-purpose flour "[*La Merveilleuse*](#)"
- 15 ml (1 tbsp) hemp seeds
- 2.5 ml (1/2 tsp) ground cinnamon
- 15 ml (1 tbsp) coconut oil

Batter:

- 185 g (1 1/3 cups) all-purpose flour "[*La Merveilleuse*](#)"
- 7.5 ml (1 1/2 tsps) baking powder
- 1 ml (1/4 tsp) salt
- 95 g (2/3 cup) plant-based milk substitute
- 65 g (1/3 cup) light olive oil
- 60 g (1/4 cup) honey
- 2 large eggs (110 g)
- 5 ml (1 tsp) vanilla extract

PREPARATION

Tender heart:

1. Cook all ingredients in a frying pan until maple syrup caramelizes.
2. Allow to cool to room temperature.

Topping:

1. In a bowl, combine all ingredients except coconut oil.
2. Then add the coconut oil, breaking it up with your hands. Set aside.



As a snack or dessert, these soft-hearted muffins will delight young and old!

Batter:

1. Preheat the oven to 180 °C (350 °F).
2. In a bowl, combine flour, baking powder and salt. Set aside.
3. In another bowl, combine plant-based milk substitute, oil, honey, eggs and vanilla extract. Beat with an electric mixer for 1 minute.
4. Stir the dry mixture into the liquids and beat, still with an electric mixer, until the batter begins to thicken (about a minute).
5. Pour half the batter in muffin tins brushed with coconut oil or lined with paper moulds.
6. Divide the **"soft heart"** mixture evenly into the cups. Then add the rest of the batter to each muffin, spreading it out to cover the apples completely.
7. Then add the topping to each muffin.
8. Bake on the centre rack for about 30 minutes, until a toothpick inserted in the middle comes out clean.
9. Unmould when out of the oven and allow to cool on a wire rack.