

Yield:  
16 medium sized  
muffins

# PROTEIN-PACKED APPLE SPICE MUFFINS

## Ingredients:

- 2 1/4 cups Kodiak Cakes (I use the Buttermilk mix)
- 1/4 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp cloves
- 1/2 teaspoon ginger
- 1/2 teaspoon nutmeg
- 3/4 cup brown sugar
- Pinch salt
- 1 cup oat milk (or other unsweetened milk)
- 1 egg (you can sub flax egg)
- 1/4 cup avocado or canola oil (use a lightly flavored oil)
- 3/4 cup applesauce
- 1/2 tsp maple extract (optional but oh so yummy)
- 3/4 + 1/4 cup apple pieces cut into 1/4 in. pieces (I recommend Granny Smith)

## Topping:

- 2 tbsp oats
- 2 tbsp brown sugar
- 2 tbsp pepitas
- 1/4 tsp cinnamon
- Pinch of salt

## Directions

- Preheat oven to 350 degrees F.
- Grease 16 muffin tins. In a large bowl, combine the Kodiak Cake Mix, baking powder, cinnamon, cloves, ginger, nutmeg, sugar and salt.
- In a medium bowl, whisk together oat milk, egg, oil, applesauce and maple extract.
- Fold the wet ingredients into the dry, just until combined.
- Gently fold in the apple pieces.
- Distribute the muffin batter between 16 cups.
- Combine topping ingredients in a small bowl. Sprinkle evenly over the muffins.
- Put the muffins in the preheated oven and bake for 24-26 minutes, or until the center springs back to the touch.
- If your oven heats unevenly, rotate the muffin tin after 15 minutes.
- Remove the muffins from the oven and cool for 5 minutes. Run a butter knife along the edges of the tin and remove the muffins to a cooling rack to cool completely.
- Store in an airtight container on the counter for 24 hours or transfer to the freezer and heat muffins up as you want to snack.

Buen Provecho!

♡ Elena